PPH: Specializing in You!

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Dear Friend of PPH,

Welcome to the third issue of The HealthSource – Palomar Pomerado Health’s (PPH) community education guide featuring a wealth of information about PPH news, health screening opportunities, upcoming special events, our wide array of health-education classes, and the latest facts on important health topics. Also included in this two-in-one guide is The BabySource – the perfect resource for anyone thinking of starting or growing their family.

In the coming months, you will begin hearing a lot more about how PPH is growing, evolving and improving with one goal in mind – to “specialize in you.” You’ll hear it on the radio, see it on television, scan it on the web, learn it in our classes, and read it in the paper. But most importantly, we want you to experience it through the power of a positive health-care experience at one of our hospitals or other facilities. After all, that’s why we’re here – to provide you and your family with the very best clinical care in a warm, healing environment.

Beyond the cover of The HealthSource, you’ll also discover our renewed and reinvigorated focus on quality. In health care today, there are too many preventable deaths and injuries associated with medical errors. PPH is leading the way with innovative approaches to help ensure absolute patient safety and quality clinical outcomes for all patients. Plus, read on to catch a glimpse of your new Palomar Medical Center and to learn more about our vision for the “Hospital of the Future.”

Making quality a top priority and providing the community with an abundance of health education resources … just two more ways that PPH is specializing in you.

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
858.613.4000

Women’s Health Connection
Gateway Medical Building
15725 Pomerado Road
Suite 100
Poway, CA 92064
858.613.4894

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

Escondido
Palomar Medical Center
555 East Valley Parkway
Escondido, CA 92025
760.739.3000

Redwood Town Court
500 East Valley Parkway
Escondido, CA 92025
760.737.2437

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

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More than 18 million Americans have diabetes. Assess your risk, learn the symptoms and take control now.

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Using technology developed for NASA, the Balance Program at Palomar Medical Center helps patients stay steady on their feet.

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EDUCATION

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Palomar Pomerado Health is offering a wide variety of classes during the months of September through December. Check out our latest programs and register today!

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis
Thursdays, September 1 and November 3
1 – 2:30 p.m.
Redwood Town Court
Special guest speaker Tina Eng, Pharm.D., will present during the September 1 meeting.

Bipolar Disorder & Depression
Every Wednesday, 6:30 – 8 p.m.
Palomar Medical Center

Chronic Fatigue Immune Syndrome and Fibromyalgia Syndrome
2nd Wednesday 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
2nd Tuesday of each month, 5:30 – 7 p.m.
Pomerado Hospital

Head Injury, Trauma and Spinal Support System (HITSS)
Every Saturday, 9 – 10:30 a.m.
Graybill Auditorium
Palomar Medical Center
Call 800.986.4487 for more information.

Menopause Information & Support
Thursday, October 20, 12:30 – 1:30 p.m.
Thursday, December 15, 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
Robotic surgery, wireless technology, electronic medical records and facilities that heal – the hospital of the future is not so far away and Palomar Pomerado Health (PPH) is leading the charge for excellence.

Earlier this year, PPH gathered some of the brightest and most innovative minds in the health-care industry for a conference designed to share remarkable information about advances in technology and medical procedures.

Capturing the imagination and attention of physicians, nurses, supervisors and executives, experts from across the country shared insights about new standards, practices and technologies that left many awe-inspired about what the future of health care holds. Among the topics discussed were the top 10 health-care technology trends, robotic surgery, wireless technology – connecting physicians and patients at any time, a futuristic view of health-care technology and the way it is delivered, and designing safer medical facilities.

Many of the advanced applications presented during the conference are being considered for PPH’s new state-of-the-art facility, scheduled for groundbreaking in 2007.

Speakers for the 2005 Hospital of the Future Conference included:

- Dr. Richard Satava, a professor at the University of Washington Medical Center, who presented on potentially extraordinary advances in medical care.
- John Reiling, president and CEO of St. Joseph’s Community Hospital in West Bend, WI, who emphasized the importance of having “standardized rooms” to increase efficiency in nursing care.
- Dr. Garth Ballantyne, professor of surgery and minimally invasive and telerobotic surgery at Hackensack University Center in New Jersey, who presented a live video feed of robotic surgery from his home hospital.
- Don Jones, Qualcomm’s vice president of business development, who discussed the medical possibilities of wireless technology.
- Dr. Keith Argenbright, senior adviser for HealthTech, who led the audience on a journey through the “Top 10 Health Technology Trends.”

PPH President and CEO Michael Covert says that this type of information exchange is vital to the ongoing education of hospital staff. “I want to make sure that we do not accept the status quo, that we are constantly pushing ourselves, and that we are ready to embrace change and technology in the future,” says Covert. “We have to be prepared to do the best job that we can in caring for our citizens, because they don’t deserve any less.”

The ink is hardly dry on plans to transform Palomar Medical Center into a state-of-the-art medical and multi-use facility, but that doesn’t keep the excitement out of the voices of those who are involved in the design process. Architects have let their imaginations soar in the initial planning phases of the existing site on East Valley Parkway. Where Escondido visitors and residents now see a functional but uninspiring multi-storied hospital, they will eventually see an intriguing variety of structures that could include educational facilities, housing units, commercial and retail space and an abundance of green space.

At this point, plans call for major services at the downtown Escondido site to consist of an Acute Rehabilitation Hospital with 30 – 50 beds, and Behavioral Health programs with 54 beds to serve geriatric and Alzheimer’s patients. Conceivably, there will be a 23-hour Urgent Care Center as well as a 23-hour Outpatient Surgery & Extended Care Hotel. A proposed Center for Advanced Surgery would allow visiting doctors to pilot new equipment and technology practices, and a Skilled Nursing Facility would offer 100 – 150 beds.

One unique idea is for the facility to house a Magnet High School, drawing students from throughout the community who are interested in careers in health care. Plans also call for a Wellness Center and gym, and up to 150 – 300 housing units for employees, seniors, and those in need of assisted care.

According to Michael Shanahan, Palomar Pomerado Health’s director of facilities, planning and development, planners are still in the design process for the brand new Palomar Medical Center scheduled for groundbreaking in 2007 at a site undetermined as of press time. “Champion Teams” are researching new technologies, and architects, doctors and nurses came together in August for a “Planning Summit,” to help focus on the details of the state-of-the-art facility. Watch for more information in future issues of The HealthSource.
In order for hospitals to provide a healing environment, they must first achieve quality improvement in every aspect of the care-giving process. A report by the Institute of Medicine estimates that as many as 44,000 to 98,000 people die in U.S. hospitals each year as a result of medical errors. While it’s a statistic that makes most in the medical field cringe, it sends leaders and staff at Palomar Pomerado Health (PPH) into action.

With the recent arrival of a new Chief Quality Officer, Opal Reinbold, PPH is re-energizing its Quality leadership group (Quality Council) that was established nearly six years ago, and reorganizing its Quality Plan. Reinbold says the focus on patient safety will be even more intensive than in the past. “We know that 90 percent of the time, when things don’t go well for a patient from a care or service standpoint, we need to focus on the key processes involved in delivering care or service – not the individual.”

The Quality Council, comprised of approximately 20 people in the PPH system including medical staff and hospital leaders from a variety of departments, will work to identify key patient care and service processes that can be improved. The group is led by Chief Medical Quality Officer Dr. Dwayne Buringrud, who is also a past Chief of Staff and a practicing obstetrician/gynecologist.

Reinbold says PPH will be utilizing a data-driven process to integrate patient safety and quality, and to identify system-wide opportunities for performance improvement. Simply put, the Council utilizes comparative data on patient care gathered from throughout the PPH system and uses that information to pinpoint the areas that need improvement.

In coming months, Reinbold says, the council will be working to reinforce the PPH foundation for continuous improvement of care and services, including new tools for evaluating and improving care, a calendar of reporting to ensure excellent communication among everyone across the organization, and assuring a continued focus by the entire staff on creating a safe environment for care.

“Medical errors are one of the nation’s leading causes of death and injury. With all of the evidence out there, it is our obligation to design facilities and employ procedures that are safer for our patients and medical staff.”

-Michael Covert, President and CEO, Palomar Pomerado Health
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.

Wigs, Wig Products & Prostheses

Wigs, wig products and prostheses 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)
Did you know that one out of three people will be diagnosed with cancer during their lifetime?

Take action now to learn more about your risk, and discover how living a healthier lifestyle can help you and your loved ones beat the odds against colon, breast, prostate, skin, lung and other cancers.

Palomar Pomerado Health is proud to present, “Collaborating Against Cancer: Prevention and Detection for Men and Women.” This unique learning experience provides guests with the opportunity to participate in a special physician panel discussion featuring a gastroenterologist, obstetrician/gynecologist, dermatologist and urologist who will explore the risk factors, symptoms and detection methods for various cancers.

Plus, explore informative exhibits, take advantage of complimentary health screenings, and learn from a registered dietitian and oncology nurse about how proper nutrition and other healthy lifestyle changes can play a key role in cancer prevention.

Schedule of Events

Thursday, October 27, 2005
Carmel Mountain Ranch Country Club

5 – 6:30 p.m. Exhibits, Health Screenings and Ask-the-Oncologist
6 – 6:30 p.m. Dinner Buffet
6:30 – 8 p.m. Physician Panel Discussion
8 – 8:30 p.m. Physician Question & Answer Session

Complimentary Health Screenings*
Skin Cancer
Blood Pressure
Blood Glucose
Body Composition
*Blood Cholesterol Screening available for an additional $15

Collaborating Against Cancer:
Prevention and Detection
for Men and Women
5 – 8:30 p.m.
Thursday, October 27, 2005
Carmel Mountain Ranch Country Club
14050 Carmel Ridge Road,
San Diego, CA 92128

$25 per person or $45 per couple
Fee includes dinner buffet, exhibits, health screenings, ask-the-oncologist opportunity, physician panel discussion and complimentary gift.

To register, call The HealthSource at 800.628.2880 or visit www.pph.org.

FREE cookbook with registration!

Your registration includes a complimentary copy of “The New American Plate: Recipes for a Healthy Weight and a Healthy Life” by the American Institute for Cancer Research. Retail Value: $24.95

Limit one book per registered person or couple. Additional copies will be available for purchase at $18 each.

presented by
ARAMARK
Healthcare Management Services

Palomar Pomerado Health

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

Kick the Habit: Smoking Cessation

Palomar Medical Center,
Education Classroom
Eight-week series
Wednesdays, September 21 – November 9
5:30 – 7 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 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.

After more than 50 years as a heavy smoker and numerous attempts to quit, Paul Jeffers of Escondido kicked the habit for good on April 4, 2005.

“I couldn’t have done it without Kay Kimball and Palomar Pomerado Health’s Kick the Habit class,” Jeffers says.

Jeffers had tried to quit his three-pack-a-day habit that had him waking during the night to light up. Hypnosis, nicotine patches and the cold turkey methods didn’t take hold.

He credits Kimball with motivating him and leading a class that provides factual information and support from others in the group. He also trusted her to be truthful because of her experience as a former smoker.

Kimball, RN, MSN, OCN, is coordinator of the Cancer Resource Centers at Palomar Medical Center and Pomerado Hospital. She introduced the Kick the Habit program last spring. The next class starts in September (see sidebar for details).

“The group support was an important part of my success. I got close to the others and we became friends,” Jeffers says. “You learn so much from others.”

Kick the Habit offers six informational sessions followed by support group meetings. Class members are not required to quit at a predetermined date, but are encouraged to quit in their own time at their own pace. They are asked to attend all sessions. Of the six who completed the spring class, two quit smoking and four significantly reduced the number of cigarettes smoked.

“Kay gave us something called a Pack Track and told us to write down each time we smoked a cigarette,” Jeffers says. “I took it a step beyond that by setting a goal of not smoking more than once an hour. If I was successful, I marked the time in blue pen. If I wasn’t, the mark was in red. Pretty soon, I was seeing a lot of blue and not much red, so I knew I was ready to really quit this time!”

“Everyone has different reasons for smoking and, therefore, different reasons for quitting,” Kimball says. “It’s important to discover those reasons and understand the behavioral part of smoking as part of the effort to quit.”

Each day, Jeffers referred to his list of reasons for quitting and his personal benefits of being smoke-free. “These were my constant reminders of my own reasons for quitting,” he says.

On April 4 at 11 a.m., Jeffers smoked his last cigarette. “I chose the date because it’s my sister’s birthday and a date I can easily remember,” he says. “She died two years ago from cancer and I think this is a way to honor her life.”
Palomar Pomerado Health (PPH) is working hard to help conquer the epidemic of Type 2 diabetes – the most common form of diabetes that usually occurs among adults over age 40, but is increasing among youth as more children become overweight. (Obesity and a sedentary lifestyle are the leading risk factors for diabetes, and approximately 80 percent of people with Type 2 diabetes are overweight.)

Type 2 diabetes occurs when either the body doesn’t produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use sugar, the body’s basic fuel, by taking the sugar from the blood into the cells. When sugar builds up in the blood instead of going into the cells, the body is starved for energy – causing extreme fatigue or weakness. Over time, high blood glucose levels may cause more serious complications that can damage the eyes, kidneys, nerves or heart.

PPH’s DiabetesHealth program helps people with diabetes and those at risk of developing this chronic disease by providing comprehensive inpatient and outpatient services at Palomar Medical Center and Pomerado Hospital. Accredited by the American Diabetes Association (ADA), the program’s outpatient services include classes in English and Spanish, support groups, and “Sweet Success,” a program for women with gestational diabetes, diabetic women who become pregnant, and diabetic women who are planning or attempting pregnancy.

“Managing diabetes effectively is a lifestyle and meal planning commitment,” says Ann Moore, R.N., PPH’s director of diabetes management. “We offer the education, support and motivation to help North County residents who have diabetes successfully manage their condition.”

For additional information about the Sweet Success program, see page 10 of this issue of The BabySource. To learn more about all DiabetesHealth programs at PPH, please call 858.613.4164.

Did you know that diabetes and heart disease are linked? People with diabetes are at high risk for a heart attack or a stroke, and their heart attacks tend to be more serious and can happen early in life. In fact, two out of three people with diabetes die from heart disease or stroke. Fortunately, there is a lot you can do to reduce your risk for heart disease and stroke.

During American Diabetes Month, the American Diabetes Association, together with the American College of Cardiology, is working to increase awareness of the link between diabetes and heart disease. Through an initiative called “Make the Link! Diabetes, Heart Disease and Stroke,” the organizations are urging people with diabetes to learn how they can lower their chances for heart disease and stroke.

For more information, visit www.diabetes.org and click on “Community Programs and Local Events,” followed by “American Diabetes Month.”

Assess Your Risk:
- Family history of diabetes
- Overweight
- Sedentary lifestyle
- Age greater than 45 years
- High cholesterol
- High blood pressure
- Smoking
- Previous diabetes during pregnancy or baby weighing more than 9 pounds
- Certain ethnicities – African-Americans, Hispanic Americans, Pacific Islanders and Native Americans all have increased incidents of diabetes

Know the Symptoms:
- Increased urination
- Increased thirst
- Extreme fatigue or weakness
- Unusual weight loss
- Slow healing cuts or bruises

Take Control:
If you have any symptoms of diabetes, see your doctor. The American Diabetes Association (ADA) recommends a fasting blood glucose screening every three years starting at age 45. If you have risk factors for Type 2 diabetes, you may need earlier and/or more frequent screening. Children who are overweight and have at least two risk factors for Type 2 diabetes should be screened every two years beginning at age 10.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Leland Peet wasn’t about to let non-healing wounds slow him down. After all, with his wife of 57 years, four children, six grandchildren and six great-grandchildren, he needed to restore his health so he could keep up with varied family activities. Because wounds on his legs were not healing, Peet was referred to Palomar Pomerado Health’s Wound Care Clinic for hyperbaric oxygen therapy (HBOT). Diabetes, poor circulation and arterial disease are the primary reasons that wounds do not improve or heal within two months.

“Applying pressurized oxygen increases the development of tiny new blood vessels into wounds and increases the body’s resistance to infection to help promote healing,” says Ann Moore, R.N., PPH’s director of wound and diabetes management.

In the past, the U.S. Armed Services operated most hyperbaric chambers for Navy divers with decompression illness or Air Force pilots with altitude sickness. However, the use of HBOT for a wide range of medical conditions is growing. Pomerado’s two new hyperbaric chambers are the first in North County.

An experienced staff member helps to prepare patients for their first “dive” by explaining what to expect during treatment. Patients are placed inside a clear tank, where they sit or lie down for about 90 minutes. The chamber is pressurized at greater than one atmosphere (sea level), while they breathe 100 percent oxygen. As the pressure increases, most patients do not see or hear anything. However, some may experience a warming sensation or noise as the oxygen enters the chamber. Coming up from the end of a ‘dive,’ a patient might feel a cooling, bubbling sensation. Anti-anxiety medications are available for anyone who is claustrophobic or nervous.

“I’m not ever afraid inside the chamber since it is clear plastic and I can talk with the staff at any time,” says Peet. “I have two wounds on my right leg and a healed wound on my left calf. The doctors believe that this treatment has made a big difference.”

“My experience has been pretty normal and I would recommend this to anyone who asks,” says Peet. “The staff members are helpful, very experienced and have treated me well. With the help of hyperbaric oxygen therapy, my wounds are healing and I’m feeling better.”

For more information, contact the Wound Care Clinic at 858.613.4755.
General Health

Brain Attack! Stroke Awareness Training

OASIS
Wednesday, September 21
10:30 a.m. – Noon

Stroke is a medical emergency and the third leading cause of death in America. What do you do or say to someone who you suspect is having a stroke? Kathy Lunardi, R.N., will discuss the warning signs, risk factors and available treatment. To register, call OASIS at 760.432.0635.

FEE: $2/participant

Stroke Screening: Am I At Risk?

OASIS
Wednesday, September 28
10:30 a.m. – Noon

Knowing your risk factors for stroke is key to prevention. Kathy Lunardi, R.N., will conduct an informative screening including blood pressure and listening to the carotid artery. Limited to 30 people. Register early by calling OASIS at 760.432.0635.

FEE: $3/participant

Women's Self-Defense Class

Women's Health Connection
Thursday, November 3
6 – 8 p.m.

Women frequently put themselves in harm’s way without even realizing it. Do you feel prepared to protect yourself in case of an unexpected assailant? Join Lori Walsh, Community Outreach Specialist, Center for Community Solutions, as she demonstrates practical techniques for self defense. Casual attire recommended.

FEE: Free

Beating the Holiday Blues

Redwood Town Court
Wednesday, November 30
10 – 11:30 a.m.

There are many factors that can cause the depressed, stressed and fatigued feelings that many people experience over the holidays. In order to effectively overcome the holiday blues, you need to know what they are about for you. Join Betsy Burns, Ph.D., clinical therapist for PPH, as she discusses ways to resolve these unpleasant feelings.

FEE: Free

Chatter

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 through Talk Time, a 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 Kristen Burris, L.Ac., M.S.
& Tony Burris, L.Ac., M.S.

Women's Health Connection
Monday, October 17
2 – 3:30 p.m.

If conventional medical treatment isn’t working for you and you want to try a natural alternative, why not explore your options with some experts? Join husband and wife team Kristen and Tony Burris of American Acupuncture Center for a relaxed and casual discussion on topics ranging from acupuncture and Chinese herbal medicine to massage therapy and sports medicine. Space is limited, call 800.628.2880 to register today!

FEE: Free

Talk Time with Kelly Neil, R.N., N.P.

Women’s Health Connection
Monday, December 5
2 – 3:30 p.m.

Obesity is more than a cosmetic concern, it can lead to serious health issues and possibly death if left untreated. Is surgical management the answer for obese individuals? Is this something you have considered? Join Kelly Neil, R.N., nurse practitioner for general surgeons Charles Callery, M.D., and Kyle Potts, M.D., as she discusses current operations for obesity and their results. Come prepared with your questions and concerns for an informal discussion with an expert.

FEE: Free

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.

The general education seminars are held on Tuesday evenings from 5:30 – 8:30 p.m. in the lobby of Dr. Charles Callery’s and Dr. Kyle Potts’ office, located at 15725 Pomerado Road, Suite 203A in Poway. Reservations are required. For more information, or to reserve a space at the next seminar, please call the physicians’ office at 858.675.0883.

Topics covered include:
- General concepts of obesity and its treatment
- The normal GI tract and its function
- Operations 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.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Nutrition 101:
Making a Plan for Success

The headlines scream that America is turning from the Land of Opportunity to the Land of Obesity. More than 40 new diet books are published each year. Fast-food restaurants offer super-sized options while also tempting us with low-carb, low-fat or non-fat options. With so much information available, how do you sort it out and make the right choices for yourself and your family?

The HealthSource went to a North County expert for advice. Janice Baker, R.D., CDE, is a registered dietician and certified diabetes educator with the Centre for Health Care Medical Associates in Rancho Bernardo.

HealthSource: What is the biggest mistake most people make about their nutrition?
J.B.: Few people consider that nutrition is integral to overall health. Having a nutrition plan is a good starting point. Talk with your physician to evaluate your health status and risk factors for disease that can be reduced by improving nutrition and enhancing physical activity.

Once you’ve identified areas for improvement, learn more. Talking with a dietician or attending a nutrition class may help you understand nutritional information, portion sizes and how calories and physical activity are related.

Take small steps to improve your nutritional health. For example, try lowering the amount of salt in your diet to help reduce blood pressure instead of starting a whole new diet and exercise program at once.

HealthSource: What’s the best way to lose weight?
J.B.: In order to maintain your current weight, without gaining, your physical activity must equal the calories you eat. To lose weight, you must be more active or eat much less, which could be harmful nutritionally.

Portion size is one way to start understanding exactly how much you eat each day. It changes through life and varies depending on your physical activity. Try visualizing size. For example, a one half-cup serving of fruit or vegetables is about the size of a tennis ball cut in half. A serving of lean meat, chicken or fish is about the size of a deck of cards.

HealthSource: How can busy families find time to eat healthy?
J.B.: Good nutrition can be fast and easy. If you’re planning meals for a family, have everyone participate in the menu plan. Keep fresh fruits and baby carrots on the table for easy snacks or to fill out a meal.

Breakfast is really important because it gives you energy to start the day. A hard-boiled egg and piece of toast or non-sugared cereal are good starters. Pack lunches for school children and working parents to maintain control of content and portion size. Keep a variety of frozen vegetables on hand to save time for dinners. Flash frozen chicken breasts or turkey burgers fill out a quick and nutritious meal. Desserts are fine, especially if you keep servings small and alternate a sweet dessert like ice cream with fruit.

HealthSource: If I’m not getting all of my nutrients from food, should I take supplements?
J.B.: Dietary supplements, including vitamins, should be discussed with your physician. One reason is to be sure you are balancing the supplements with your diet. It’s possible to have too much iron if you take a vitamin pill and eat fortified grains and cereals. Excessive iron intake can be harmful to some people and damage internal organs. Calcium is often a problem, especially for teen girls who are at greatest risk of insufficient calcium. Parents of adolescent girls should help their daughters protect and strengthen bone density by incorporating more calcium into their diet.

HealthSource: With the holidays upon us, how can I enjoy the festivities without packing on the pounds?
J.B.: Don’t go to parties hungry. Have an apple, a hard-boiled egg and some water or herb tea before you leave. This will help stabilize your blood sugar and make you less likely to overeat salty and high fat foods. Fill up most of your plate with fresh fruits and vegetables. You don’t have to deprive yourself of desserts, but portion control is the key.

Keep your hands busy by writing cards, making gifts and wrapping. Do these activities in places away from where you normally eat so those subliminal “food cues” are kept to a minimum. Finally, stick with a consistent exercise routine and wear clothes that fit well, with zippers, buttons and belts. Avoid loose fitting clothing and elastic waistlines. This will also send a subtle physical reminder not to overdo it.

MyPyramid:
Steps to a Healthier You

Earlier this year, the U.S. Department of Agriculture unveiled a new symbol and interactive food guidance system called MyPyramid: Steps to a Healthier You. MyPyramid emphasizes the need for a more individualized approach to improving diet and lifestyle because one size doesn’t fit all. Consumers can access in-depth information, including a personalized assessment of what and how much you should eat each day, by visiting www.mypyramid.gov.

**The HealthSource went to a North County expert for advice. Janice Baker, R.D., CDE, is a registered dietician and certified diabetes educator with the Centre for Health Care Medical Associates in Rancho Bernardo.**

**HealthSource: What is the biggest mistake most people make about their nutrition?**

J.B.: Few people consider that nutrition is integral to overall health. Having a nutrition plan is a good starting point. Talk with your physician to evaluate your health status and risk factors for disease that can be reduced by improving nutrition and enhancing physical activity.

Once you’ve identified areas for improvement, learn more. Talking with a dietician or attending a nutrition class may help you understand nutritional information, portion sizes and how calories and physical activity are related.

Take small steps to improve your nutritional health. For example, try lowering the amount of salt in your diet to help reduce blood pressure instead of starting a whole new diet and exercise program at once.

**HealthSource: What’s the best way to lose weight?**

J.B.: In order to maintain your current weight, without gaining, your physical activity must equal the calories you eat. To lose weight, you must be more active or eat much less, which could be harmful nutritionally.

Portion size is one way to start understanding exactly how much you eat each day. It changes through life and varies depending on your physical activity. Try visualizing size. For example, a one half-cup serving of fruit or vegetables is about the size of a tennis ball cut in half. A serving of lean meat, chicken or fish is about the size of a deck of cards.

**HealthSource: How can busy families find time to eat healthy?**

J.B.: Good nutrition can be fast and easy. If you’re planning meals for a family, have everyone participate in the menu plan. Keep fresh fruits and baby carrots on the table for easy snacks or to fill out a meal.

Breakfast is really important because it gives you energy to start the day. A hard-boiled egg and piece of toast or non-sugared cereal are good starters. Pack lunches for school children and working parents to maintain control of content and portion size. Keep a variety of frozen vegetables on hand to save time for dinners. Flash frozen chicken breasts or turkey burgers fill out a quick and nutritious meal. Desserts are fine, especially if you keep servings small and alternate a sweet dessert like ice cream with fruit.

**HealthSource: If I’m not getting all of my nutrients from food, should I take supplements?**

J.B.: Dietary supplements, including vitamins, should be discussed with your physician. One reason is to be sure you are balancing the supplements with your diet. It’s possible to have too much iron if you take a vitamin pill and eat fortified grains and cereals. Excessive iron intake can be harmful to some people and damage internal organs. Calcium is often a problem, especially for teen girls who are at greatest risk of insufficient calcium. Parents of adolescent girls should help their daughters protect and strengthen bone density by incorporating more calcium into their diet.

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Heart Health

Atrial Fibrillation & Anticoagulation Therapy
Pomerado Hospital, 3rd Floor Conference Room
Tuesday, October 4
1 – 3 p.m.

Atrial fibrillation is an abnormality in the heart rhythm that can cause clots to form in the walls of the heart. It is the most common irregularity of the heart in adults and a risk factor for stroke. Join Kathy Lunardi, R.N., as she discusses this condition and what you can do to decrease your risk for stroke.

FEE: $3/participant

What is Your Cardiac IQ?
OASIS
Wednesday, October 12
10:30 a.m. – Noon

Do you have a family history of heart problems? Are you making healthy choices in the areas of diet and exercise? Join cardiologist Robert Stein, M.D., and Barbara Buesch, R.N., as they discuss risk factors, warning signs and lifestyle options for a healthier you.

To register, call OASIS at 760.432.0635.

FEE: $3/participant

Cardiac Rehabilitation
Palomar Medical Center
Call 760.739.3566 for dates, times and fees.

Medically supervised program for those recovering from a cardiac event.

Exercise

Get Fit and Stay Strong
OASIS
Halt osteoporosis! Certified Exercise Instructor Ann Jaburg leads this fitness class using bands and weights to increase your bone density, strength and endurance – all while you’re having fun.

Tuesdays & Thursdays
October 4 – 27, November 1 – 29 (No class November 24)
12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

FEE: $32 for 8 classes

Tuesdays & Thursdays
December 1 – 22
12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

FEE: $28 for 7 classes

New participants start at the beginning of each session. Please note there will be no classes offered in September.

To register, call OASIS at 760.432.0635.

Adult Fitness
Palomar Medical Center
Call 760.739.3566 for dates, times and fees.

A medically supervised exercise program for anyone.

Keep On Exercisin’

The HealthSource, San Marcos
Tuesdays and Thursdays
9 and 10 a.m. sessions

Join Ann Jaburg, certified exercise instructor, as she teaches low-impact aerobics, stretching exercises and how to use lightweights for building muscle strength and endurance.

FEE: $24 per month/participant

New participants start at the beginning of each month. Please note there will be no classes offered in September.

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.

Ladies, know your risk. “When it comes to a heart attack, women often do not have the textbook symptom described as crushing chest pain,” says Dennis Leahy, M.D., board-certified interventional cardiologist. It’s important to recognize the symptoms that are unique to women and act quickly to get appropriate medical care.”

What exactly do women experience during a heart attack that is different from men?

At the Second International Conference on Women, Heart Disease and Stroke earlier this year, researchers presented a study of men and women who had suffered heart attacks that pointed out marked differences in symptoms.

While chest discomfort, pain in other areas of the upper body, shortness of breath and fatigue were the same for both genders, these differences stood out:

Women:
- Throat discomfort – 12 times more common in women
- Vomiting – 3.9 times more common in women

Men:
- Pressing on the chest – 7.3 times more likely in men
- Right-side chest discomfort – 4.7 times more common in men
- Dull ache – 3.9 times more in men
- Indigestion – 3.7 times more like in men
- General discomfort – 2.7 times more in men

The report found that men were five times more likely than women to recognize their symptoms as being related to a heart attack and seek timely treatment.

HeartATTACK!

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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
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 lay person 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 Healthcare 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.

PALS
Pediatric Advanced Life Support for health-care professionals, emergency personnel and physicians.

NRP/PEPP (American Academy of Pediatrics)
Courses in Neonatal Resuscitation (NRP) and Pediatric Education for Prehospital Professionals (PEPP) are available as part of the American Academy of Pediatrics’ Life Support Programs.

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.)

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.
Your Gift **Counts**

**What matters most in life?**
*Your family, your home, your health.*

Ensuring your quality of life and providing you and your family with the best health care available has been the mission of Palomar Pomerado Health for more than 50 years. As we work to build new state-of-the-art facilities and expand clinical services, your valued gift will help us to continue that mission for years to come.

If you would like to invest in the healthy future of your family and your community, simply complete your secure, tax-deductible donation online at www.pph.org, or make your check payable to Palomar Pomerado Health Foundation and mail it to:

**Palomar Pomerado Health Foundation**
P.O. Box 699
Escondido, CA 92033-0699

Thank you for your support.

For more information about other giving options, please call the Palomar Pomerado Health Foundation at 800.952.5577.

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**Word Wiz:**
National Spelling Bee Champion from Poway Raises Health Awareness

After becoming the 78th winner of the National Spelling Bee in June, 13-year-old Anurag Kashyap from Poway, only the second Californian to win the contest, used his genius to help San Diegans become more aware of their risk for heart disease and cancer. Kashyap, a ninth grader at Rancho Bernardo High School, joined forces with Palomar Pomerado Health (PPH) to produce two radio spots created in the format of a spelling competition.

Faced with clinical terms like “myocardial infarction” and “adenocarcinoma,” Kashyap requested the definitions and asked for the words to be used in a sentence before providing the correct spellings. The commercials concluded with a challenge to listeners to learn their own risks for heart disease and cancer and to take action against them.

PPH honored Kashyap and his parents during a board of directors meeting in July where the word wiz was presented with a $1,000 savings bond and an honorary lab coat in recognition of his achievement.

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**The Art of Caregiving: Finding the Balance**

St. Bartholomew Episcopal Church
16275 Pomerado Road, Poway, CA 92064
Tuesday, November 8
8:30 a.m. – 2:45 p.m.

Are you struggling with the emotional and physical demands of caregiving? This workshop is designed for family caregivers and will include the emotional and spiritual aspects of caregiving and communicating with those who have diminished mental capacity. Participants will learn about the legal issues of older adults, hands-on care techniques, medication management and how to get the most out of your doctor’s visit. Respite care is available for a limited number. To register, call 858.675.5450.
The HealthSource
15255 Innovation Drive
San Diego, CA 92128

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

If you would like to be removed from our mailing list, please contact The HealthSource at 800.628.2880.

San Diego Goes Red
American Heart Association
Learn and Live.

Palomar Pomerado Health is a proud sponsor of “San Diego Goes Red for Women.”