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Write from the Top

Dear Friend of PPH,

The future is bright at Palomar Pomerado Health. Since my last message to you in The HealthSource, we have made great strides towards building the hospital of the future in Escondido.

In February, after more than a year of discussions, negotiations and eventual compromise, the Escondido City Council voted unanimously to support the zoning of the Escondido Research and Technology Center (ERTC) site for hospital use. Since that night, we have been moving forward with our ambitious plans to build an extraordinary 453-bed facility on the site.

Our vision and plans have crystallized, and with the help of our staff, physicians, nurses, advisory groups, community leaders, volunteers and board of directors, we are about to enter into an era unprecedented in the history of Escondido and Palomar Pomerado Health.

We have exciting things going on in Poway too. In March, we officially broke ground on the new Outpatient Services Pavilion at Pomerado Hospital, and our planned satellite centers will offer a variety of outpatient services to residents throughout our service area. I invite you to read page 7 of this publication for more information about our building projects.

My sincere thanks goes out to all of our supporters for believing in Palomar Pomerado Health and helping us to heal, comfort and promote health in the communities we serve. That's our primary mission, and we look forward to sharing our bright future with 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
Formerly Robinson’s May S.**
280 East Via Rancho Pkwy.
Escondido, CA 92025
760.432.0635

To register for a class, call The HealthSource at 800.628.2880.

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**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 the former Robinson’s May South are provided by OASIS through sponsorship by Palomar Pomerado Health. To register for an OASIS class, call 760.432.0635.
What a Mighty Good Man! But is He Healthy?
Men’s health issues can have a significant impact on their families, yet men remain less likely to see their physician for regular exams. Gentlemen, learn your risks and take action!

Hospital of the Future
Learn the latest news about expansion plans at PPH.

Advanced Treatment for Cancer
Palomar Medical Center now offers brachytherapy for the treatment of gynecological and breast cancers.

A Joint Decision
Considering joint replacement? Orthopedic surgeons at PPH offer minimally invasive total hip replacement that reduces both the hospital stay and recovery time.

How Healthy Are Our Communities?
The Palomar Pomerado Health 2005 Community Health Check provides the first detailed assessment of the major health issues faced by the communities we serve.

I Can See Clearly Now
A new intraocular lens replacement for cataract surgery is revolutionizing the way patients see. Learn more about this unique outpatient procedure at Escondido Surgery Center.

Friends of the Foundation
Ben and Darlene Fauber are committed to quality health care and Palomar Pomerado Health. Meet the Faubers through our first “Friends of the Foundation” profile.

The Main Event: A Health Forum for Men
Join us Thursday, June 15 for the unique opportunity to sit “ringside” with physician experts and learn valuable tips to help you avoid a “knockout” from the biggest health threats against men.

Arthritis & Osteoporosis
Wednesday, May 3 and Thursday, July 6
1 – 2:30 p.m.
Redwood Town Court
On May 3, rheumatologist Roger Kornu, M.D., will discuss the newest treatments for osteoporosis.

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
3rd Tuesday of each month, 4 – 5:30 p.m.
Pomerado Hospital
Call 858.613.4164 for more information.

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, June 29, 12:30 – 1:30 p.m.
Thursday, August 17, 12:30 – 1:30 p.m.
Women’s Health Connection

Speech Communication Support Group
Every Tuesday, 3 – 4 p.m.
Rehabilitation Services
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

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Although both men and women are more aware of their health and controllable risk factors, men remain less likely than women to see their physician for regular check-ups. According to the Men’s Health Network, men are less healthy and have a shorter life expectancy than women, in part because they do not take care of themselves as well as women do.

“Men’s health issues can have a significant impact on their families,” says Alan Conrad, M.D., a board-certified internist in Poway. “Women can help the men they care about by encouraging them to periodically see their doctor, exercise regularly, check their blood pressure and eat a high-fiber, low-fat diet.”

Dr. Conrad recommends that men under the age of 50 see their physician every two to three years if there are no health issues that require more frequent examination. Men over the age of 50 should be seen annually for a prostate exam and physical check up.

The leading causes of death for both men and women are heart disease and cancer. The third leading cause of death among men is unintentional injuries from motor vehicle accidents, falls and violence. Stroke, chronic lower respiratory disease and diabetes are other major causes of death among men nationwide.

Major Preventable Health Risks for Men

Smoking
Smoking is related to 85% of lung cancers in men. By quitting smoking, your lungs begin to repair themselves and the risk of lung cancer is reduced significantly.

Alcohol Abuse
Alcohol, especially in excess, has been related to cancer, accidents, stroke, suicide, depression and chronic liver disease. “Most people know when they drink too much,” Dr. Conrad says.

Obesity/Sedentary Lifestyle
A sedentary lifestyle and poor diet contribute to obesity, which is linked to heart disease, some cancers, stroke and diabetes. More than 69% of American males are overweight. Men who watch three or more hours of television daily are twice as likely to be obese as men who watch less than an hour.

Understanding the Risks

Most everyone is aware of these risks and, while it is difficult to change harmful habits, the benefits are astounding.

Dr. Conrad recommends these steps to good health:

• Regular exercise
• Nutritious diet of moderate proportion
• Smoking cessation
• Alcohol in moderation, if at all
• Relaxation for stress relief

“Regular exercise is important at all ages, along with eating a nutritious diet,” says Dr. Conrad. “I encourage patients to eat ‘the colors of the rainbow,’ which means a variety of fruits and vegetables of all colors because they contain complementary nutrients that add up to good nutrition.”

“Also, be aware of your body and take note of any changes such as unexplained weight loss or loss of appetite, difficulty sleeping, changes in bowel or urinary function or difficulty breathing when doing moderate exercise,” Dr. Conrad says. “This is when you want to see your physician for an examination to determine the cause of these changes. Of course, it’s best to have an established relationship with a primary care physician who is familiar with your health history and better prepared to understand what the symptoms mean for you.”

High Blood Pressure/High Cholesterol
Chronic high blood pressure and high cholesterol are major risks for cardiovascular disease and stroke. Checking your blood pressure and cholesterol at regular intervals provides important information for your physician who can recommend behavioral changes and medication that may be needed to help control these conditions.

Sun Exposure Without Protection
We can’t avoid the sun in San Diego, so applying sunscreen before going outside for exercise, gardening or poolside parties is a good health practice. “It’s easy to forget about sunscreen if you’re doing some work around the yard, but sun exposure occurs anytime you are outside,” Dr. Conrad says. “Apply sunscreen to all uncovered areas, especially the ears and back of the neck.”
Women: Help Your Men to Better Health

“With the dual epidemics of obesity and diabetes, it is essential for women to teach their sons that regular exercise and eating a balanced, nutritious diet are essential to healthy living,” Dr. Conrad says. “Ladies, encourage your significant others to select a physician and seek regular physical exams as well.” Here are some tips to help get your man in tune with his health:

- Get educated about potential male health problems.
- Ask him to discuss his family medical history.
- Encourage him to take symptoms seriously and discuss them with his doctor.
- Check him out – make self-exams a team effort. Ask him to help examine your breasts for changes and then help with his testicular exam. Look at his back, the most common site for skin cancers to appear in men.
- Lead by example. Encourage couple or family exercise; prepare nutritious meals and serve in recommended portions; register together for various health programs and classes offered by Palomar Pomerado Health.

Depression & Health

This serious, but treatable medical condition affects more than six million American men each year. No one is immune from depression. Symptoms include:

- Social withdrawal
- Sadness
- Decreased interest in normal activities
- Hopelessness
- Change in appetite/sleep patterns
- Suicidal thoughts
- Decreased energy/boredom

More than 80% of the people with depression improve when they receive appropriate treatment. A free, confidential depression screening is available online at www.pph.org through the Palomar Pomerado Behavioral Health link at the bottom of the home page. For more information, contact PPH’s Behavioral Health Services at 800.336.2000.

Men’s Health Week: June 12 – 18, 2006

Men’s Health Week is celebrated each year as the week leading up to and including Father’s Day. The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health-care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Palomar Pomerado Health will recognize Men’s Health Week by hosting its first event just for men. The Main Event: A Health Forum for Men will be held Thursday, June 15, from 7 – 11:30 a.m. at the California Center for the Arts, Escondido. The $35 fee includes a full breakfast, exhibits, health screenings, ask-the-expert opportunities, physician panel discussion and complimentary gift. 10News Anchor and breast cancer survivor Bill Griffith will provide the keynote address. For more information, see page 15 of this publication or call The HealthSource at 800.628.2880.
Heart Health

He Said, She Said: Gender Differences in Heart Disease
Pomerado Hospital – Café Conference Room
Tuesday, June 27
1 – 3 p.m.

For both men and women, coronary artery disease (CAD) is the leading cause of death in the United States. However, CAD can affect men and women differently – differences that certainly matter when it comes to diagnosis and treatment. Kathy Lunardi, R.N., will discuss these differences along with many other heart issues.

FEE: Free

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.

Chronic Respiratory Problems
OASIS
Wednesday, August 23
10:30 a.m. – Noon

Chronic respiratory problems can be so debilitating that everything in life is a challenge. How can you cope? What relief can be expected from respiratory therapy? What are the latest medications for treating these problems? Get your answers to these questions and more during this informative class. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Blood Pressure SCREENINGS

OASIS
Second Monday of each month
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.

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.
When you’re building the first new hospital in North County in nearly 30 years, it’s essential to plan for a facility that will stand the test of time. That’s exactly what Palomar Pomerado Health (PPH) officials have been working on for more than a year. Planning and design took a big step forward in February when a unanimous vote by the Escondido City Council gave the green light for the new Palomar Medical Center West to be located at the Escondido Research and Technology Center (ERTC) site on Citricado Parkway.

“Now that our location has been determined, we have been working on even more specific details of the design,” says Marcia Jackson, PPH’s chief planning officer. “It’s a process that has been fine tuned since voters overwhelming supported the bond issue allowing us to develop a master plan for the future of health care in our rapidly growing district.”

The overall plan calls for the construction of a new Palomar Medical Center in Escondido, expansion of Pomerado Hospital in Poway, redevelopment of the current downtown hospital campus for specialty inpatient, outpatient and wellness services, plus development of outpatient health centers in convenient locations throughout the 800-square-mile health district.

User groups comprised of physicians and employees have worked diligently to plan Palomar Medical Center West to meet the challenges of a constantly changing medical world, aging population and expanding community. Recent town hall meetings throughout Inland North County have provided the community with insight into these plans and allowed opportunities for feedback.

“Our vision and plans have crystallized,” says Michael Covert, president and CEO of PPH. “With the help of our staff, physicians, nurses, advisory groups, community leaders, volunteers and board of directors, we are about to enter into an era unprecedented in the history of Escondido and Palomar Pomerado Health.”

Very soon, the design phase for Palomar Medical Center West will be completed and architects will develop comprehensive construction documents, which will be submitted to the Office of Statewide Health Planning and Development before the end of the year. PPH officials anticipate a 12- to 18-month review process, during which time all aspects of the new facility will be studied by this state review agency.

“This is a back and forth process between PPH and the state officials during which time we work together to assure that all aspects of the new facility meet fire safety, earthquake and access regulations,” says Jackson.

While final design details are being developed for the new Palomar Medical Center West, the new Outpatient Services Pavilion at Pomerado Hospital is taking shape. The 172,000 square-foot, five-story building will be home to advanced imaging, outpatient surgery, outpatient infusion services, women’s services, physician offices and other outpatient services. The Outpatient Services Pavilion is expected to open in mid-2007.

The planned satellite centers will offer an array of outpatient services such as diagnostic and treatment services, either through PPH or by partnering with existing providers in the community. PPH has purchased property in Rancho Peñasquitos on Black Mountain Road at Hwy 56 for the establishment of one center, and is currently in the process of rezoning this property for health-care use. PPH is also in negotiations for property in Ramona to establish an outpatient center in that community.

For continuous up-to-date reports on the expansion efforts at Palomar Pomerado Health, visit www.pph.org.
Cancer

Breast Health for the Mature Woman

OASIS
Wednesday, July 19
10:30 a.m. – Noon

Older age and certain risk factors increase a woman’s chance of getting breast cancer. When breast cancer first develops, there may be no symptoms at all. But as cancer grows, it can cause changes to watch for. Join Kay Kimball, RN, MSN, OCN, and Tim Feng, M.D., of Valley Radiology, as they explore the warning signs that could help safeguard your health. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

I Can Cope

Palomar Medical Center
Tuesdays
May 23, 30; June 6, 13, 20, 27
3 – 4:30 p.m.

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. To register, call 858.613.4044.

FEE: Free

Look Good, Feel Better

Palomar Medical Center (Bilingual)
Mondays, June 26 and August 28
5 – 7:30 p.m.

Palomar Pomerado Hospital
Mondays, June 26 and August 28
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. To register, call the American Cancer Society at 619.682.7440.

FEE: Free

Kick the Habit: Smoking Cessation

Palomar Medical Center, Education Classroom
Eight-week series
Call 760.739.3943 for dates and times.

PPH’s smoking cessation class, led by oncology nurse Kay Kimball, RN, MSN, OCN, 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 (with comprehensive workbook) followed by two weeks of support group meetings for those who quit.

FEE: $125 / participant New Reduced Fee!

I Kicked the Habit

A Smoking Cessation Success Story

Penny Henderson had tried to quit smoking many times during the more than 20 years since she first lit up. Nothing worked. But after caring for her mother, who lost a two-year battle with lung and breast cancer, Henderson realized she had to change her life. “When you watch someone go through that, it opens your eyes.”

When The HealthSource magazine appeared in her mailbox last September, Henderson read about “Kick the Habit,” Palomar Pomerado Health’s smoking cessation program, and the story of a man who tried to quit and succeeded.

“Paul Jeffers’ story inspired me,” says Henderson. “I was at a point where I couldn’t breathe, I had a horrendous smoker’s cough and I was lethargic.” Henderson enrolled in “Kick the Habit” and immediately felt that she was on the right track.

“When you first start smoking, it’s friends who teach you how to do it. Now there was camaraderie with this group to quit smoking. We were in it together.”

According to Henderson, the class gave her the tools she needed to kick a habit that was making her feel physically and emotionally terrible. Journal-keeping proved to be one of the most effective elements of the program for her. “After one week, I realized I was like a clock,” says Henderson. “I was smoking out of boredom and I never realized that. Once I understood why I was smoking, I could finally quit.”

Kay Kimball, RN, coordinator for PPH’s Cancer Resource Centers, runs the smoking cessation program. She says journal-keeping is just one of many important tactics used in the six-week program, because it focuses the smoker’s attention on a habit that usually requires little thought. “The smoking habit is not just the nicotine, it’s the whole process of lighting up, and even where you buy your cigarettes.”

The program’s philosophy is to equip smokers with all the information, insight and resources they need to quit. It advocates the use of the patch, gum, lozenges and prescription medication, as well as strategies, emotional tricks and nicotine replacement. “Everybody is different,” says Kimball. “We want to give each person a chance to quit in his or her own way.”

Henderson first tried a nicotine patch, but she stopped when it made her sick. Four days later, she quit “cold turkey,” about two weeks into the program. That’s when she really relied on the group for support. Six months after the program, Henderson is past the nicotine craving and says she has never felt better. “I can breathe, I can exercise, I have much more energy and I can sleep at night.”

Kimball believes many others can do it too and invites anyone who has considered quitting to explore the possibility. “They have nothing to lose,” she says, “but so much to gain.”

For more information about “Kick the Habit,” or to register, please call The HealthSource at 800.628.2880.
Every year, more than 75,000 women in the United States are diagnosed with a malignant tumor of the female genital tract. In addition, an estimated 212,920 new cases of breast cancer will be diagnosed in American women in 2006. Starting this summer, a cancer treatment called brachytherapy, which treats both of these malignancies, will be available at Palomar Medical Center (PMC). It will be the only machine of its type in the North San Diego County.

“We are excited to be able to offer high dose rate brachytherapy to treat gynecological cancers and breast cancer,” says Lori Coleman, M.D., a board-certified radiation oncologist and medical director of radiation therapy at PMC. “The high dose rate means that our gynecologic cancer patients can now avoid overnight hospital stays and be treated comprehensively at Palomar. This new equipment will also allow us to offer partial breast irradiation for select early stage breast cancer patients who have undergone a lumpectomy. This allows these patients to complete their breast irradiation in one week as opposed to the standard five to six and a half weeks of external beam irradiation.”

The word “brachytherapy” (break-ee-ther-uh-pee) comes from the Greek word for “short distance” (brachy) and “treatment” (therapy). This localized, precise, high-tech cancer treatment is a form of radiation therapy. Conventional external beam radiation therapy delivers targeted radiation to a tumor from outside of the body using high energy x-rays. Brachytherapy, on the other hand, temporarily positions radioactive “seeds” that are smaller than a grain of rice inside applicators which are temporarily placed inside the body adjacent to the cancer.

The procedures will be done with a GammaMedplus HDR Unit from Varian Medical Systems. This computer-operated system precisely controls how long the seeds stay in each applicator position to precisely release the accurate dose of radiation. This destroys the tumor while minimizing radiation dose to surrounding normal healthy tissue. The treatment takes only a few minutes. Once the procedure has been completed, the radioactive sources and applicators are removed.

“We are adding brachytherapy to our other comprehensive cancer treatment methods as part of our continuing effort to focus on women’s services and to better serve women in the community,” says Shelby Mason, RTT, supervisor of radiation oncology at PMC.

Patients with cancer of the uterus and cervix are treated with a combination of surgery and/or radiation therapy. The radiation therapy typically involves external beam and/or brachytherapy.

“In the past, women from North County received external beam radiation here at Palomar but then had to travel to San Diego for brachytherapy. With brachytherapy soon to be available at Palomar, everything can be done conveniently in Escondido,” says Mason.

Partial breast irradiation is a new technique that offers a viable alternative for early stage breast cancer patients following limited surgery. In this outpatient procedure, a balloon catheter called the mammosite is temporarily positioned inside the surgical cavity in the breast. Patients are then treated with the HDR brachytherapy machine twice a day for five days. Each treatment takes only a few minutes and is completely painless. After the 10 treatments, the balloon catheter is removed and the treatment is completed.

For more information on brachytherapy treatment at Palomar Medical Center, contact Shelby Mason at 760.739.3271.
Diabetes Education

The HealthSource, San Marcos
Classes offered weekly.
Call 858.613.4164 for dates, times and fees.

Diabetes education classes are designed to help individuals with diabetes and their families improve their health 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. Certified by the American Diabetes Association and California’s “Sweet Success” program for gestational diabetes.

General Health

Allergies 101

Women’s Health Connection
Wednesday, May 10
6 – 7:30 p.m.

From pollen and pets to dust and drugs – why do we react to them and how can we outsmart our sensitivities? Join allergy and immunology specialist Maryam Zarei, M.D., as she discusses the many issues and challenges of allergies.

FEE: $3 / participant

Answers to Your Medicare Dilemma

OASIS
Wednesday, May 24
10:30 a.m. – Noon

The decisions surrounding Medicare can be overwhelming. Join insurance specialist Patty Born, MA, CEP, CSA, as she answers your questions about Medicare, HMOs and Part D of the prescription drug program. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Talk Time: Chat with a Health Expert for FREE!

Talk Time with Kris Hedges & Halle Elbling, Diabetes Educators

Women’s Health Connection
Thursday, June 22
2 – 3:30 p.m.

Whether you are newly diagnosed with diabetes, have been diabetic for years or are the caregiver of someone with diabetes, keeping up-to-date on the latest medications and diet and exercise recommendations is vital. Join certified diabetes educators Kris Hedges and Halle Elbling as they help you take control of this manageable disease.

Talk Time with Melinda Kanter, R.N., Wound Care Specialist

Women’s Health Connection
Thursday, August 24
2 – 3:30 p.m.

Did you know that hyperbaric oxygen therapy (HBOT) can help to heal stubborn wounds? Diabetes, poor circulation and arterial disease are the primary reasons that wounds do not improve or heal within two months. Join Melinda Kanter, RN, to learn more about this procedure and the Wound Care Clinic at PPH.

Light refreshments will be served. To register, call The HealthSource at 800.628.2880.
Orthopedic surgeons at Palomar Pomerado Health are leading the way in total hip replacement surgery by using minimally invasive surgical techniques that reduce the hospital stay and recovery time.

Kevin Metros, M.D., and Thomas Knutson, M.D., both board-certified orthopedic surgeons in Escondido, were the first to perform minimally invasive total hip replacement surgery in North County beginning about two years ago.

“Hip replacement surgery, in general, is a successful operation that allows many people to return to their active lifestyle,” says Dr. Metros. “Since there are now several options available in hip replacement surgery, including the minimally invasive technique, patients and their surgeons can decide which procedure is best suited for their particular situation.”

According to the American Academy of Orthopaedic Surgeons, total hip replacement is a common procedure. It involves removing the head of the thighbone and replacing the ball-and-socket mechanism at the hip joint with an artificial implant. In traditional hip replacement surgery, an orthopedic surgeon will make a 12- to 18-inch incision along the patient’s thighbone, cutting through muscle in order to insert the implants. A hospital stay of four or more days followed by months of physical therapy, rest and restricted movement during recovery is normal.

With the minimally invasive technique, the incision is only 3 to 4 inches, depending upon the height and size of the patient. Sometimes, based upon physician training or preference, two incisions are made — one in front and one in back.

“I prefer to use the anterior or front approach with only one incision,” says Dr. Metros. “This allows me to work between the leg muscles without detaching them from the hip or thigh bones.”

During the procedure, a patient lays on a technologically advanced table designed specifically for this type of surgery. Using special instruments, the surgeon prepares the hip for the artificial implants, which are inserted through the small incision. The implants may be made of metal, ceramic or polyethylene combinations. The natural ball part of the thighbone is removed and the ball-and-socket and femur are reshaped to allow the solid, accurate insertion of the hip implants.

“Minimally invasive total hip replacement is a more technically demanding procedure because we are preserving more of the hip and not cutting through the muscle so the integrity of the muscle is maintained,” says Dr. Knutson. “Patients have less pain and spend fewer days in the hospital.

This surgery allows patients to recover faster and walk without the aid of a walker or cane more quickly after surgery.”

Most patients have a total hip replacement due to arthritis (either osteoarthritis or rheumatoid) or an accident. Before surgery, many have experienced years of pain and stiffness and have tried both medications and physical therapy to find relief.

“When the pain disrupts a patient’s lifestyle and the treatment alternatives are no longer working, surgery should be considered,” says Dr. Metros.

For Anne Watkins of Pauma Valley, an accident several years earlier had caused avascular necrosis (a loss of the blood supply to the head of the thighbone) to develop in Watkins hip – causing significant pain and forcing her to walk with a slight limp. Dr. Knutson performed minimally invasive total hip replacement surgery on her left hip in July 2004.

“On the second day, I was doing bed exercises and walking around the hospital floor and I went home on the third day,” Watkins says. “At first I walked to the mailbox each day for therapy and to build up strength. Within two weeks I was driving again and by two months, I was back to my old self!” She has since resumed her very active lifestyle of walking, golfing, gardening, exercising at the gym and playing at the beach with her granddaughter. “The doctor gave me my life back,” says Watkins.

For more information, or for a physician referral, call The HealthSource at 800.628.2880.
Exercise and Weight Loss

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
Anniversary Breakfast
Westfield Shoppingtown North County
2nd floor conference room
Tuesday, May 16
9:30 – 11:30 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. To register, call The HealthSource at 800.628.2880.
FEE: Free

Adult Fitness
Palomar Medical Center
Call 760.739.3566 for dates, times and fees.
A medically supervised exercise program for anyone.

Weight Loss Surgery Seminar
Office of Dr. Charles Callery and Dr. Kyle Potts
2nd & 4th Tuesdays of each month
5:30 – 8:30 p.m.
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 held at the physicians’ 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 858.675.0883.

CPR & First Aid Classes

Newest AHA Science and Evidence Based Courses
American Heart Association Basic/Advanced Life Support and HeartSaver First Aid Courses
Courses are offered through the Palomar Pomerado Health/American Heart Association (AHA) Training Center. Onsite group training is available with a minimum of six participants. The AHA 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 AHA, and any fees charged for such a course do not represent income to the AHA.

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 and caregivers.
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 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, bleeding, burns, bites, stings, poisoning and more.
FEE: $40 / participant
New Pediatric First Aid class will be available in August.

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

Advanced Life Support Courses
Palomar Pomerado Health also offers Advanced Life Support Courses for health-care professionals including Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), Neonatal Resuscitation (NRP) and Pediatric Education for Prehospital Professionals (PEPP). Call 858.613.4444 for more information.
New types of intraocular lens replacements for cataract surgery are revolutionizing the way patients see. The first FDA-approved accommodating intraocular lens (IOL) attempts to mimic the focusing ability of the natural lens of the eye, making it possible to see without glasses after cataract surgery.

“What is appealing about the Crystallens IOL is that it actually appears to move and flex within the eye, to change focus from distant vision to near and points in between,” says Howard Krausz, M.D., an Escondido ophthalmologist for 20 years. He is the first eye surgeon in Inland North County certified to perform cataract surgery using this new IOL. The outpatient surgery is performed at Escondido Surgery Center.

Cataracts most often develop after age 65 when the natural lens within the eye becomes cloudy or opaque, causing symptoms such as blurred vision, glare and distorted or discolored images. “When the cataract becomes bothersome and the expected benefits of surgery exceed the small amount of risk, I offer patients cataract surgery,” Dr. Krausz says. “Up until now, the only option for cataract surgery was to replace the natural lens with a traditional IOL that can only focus at one distance, either near, intermediate or far. If distance is in focus, glasses are needed for reading, or vice versa.”

“We still don’t completely understand how the natural lens accommodates or fine tunes for clear vision at different distances,” Dr. Krausz says. “The new Crystallens implant has hinges on both sides of the lens optic that enable the ciliary muscles of the eye to move and flex the lens. This allows the eye to focus more naturally through a greater range of distances.”

Other new multifocal lens implants, such as the Restore lens, use an array of concentric rings to focus light at both near and far distances. Because of this ability, these new lens implants are called presbyopia-correcting lenses. Presbyopia is the loss of elasticity of the natural lens that makes it more difficult for the eye to change focus from distant to near objects. At about age 45, the natural lens loses enough flexibility that reading glasses or bifocals become necessary.

According to Dr. Krausz, most patients who choose the new presbyopia-correcting IOLs will be able to see clearly enough to do most visual tasks without glasses following cataract surgery. “It may take up to a year for the eye to fully adjust,” he says. “It’s important for patients to be thoroughly evaluated and to understand both the risks and the potential benefits from this or any type of surgery.”

Medicare covers cataract surgery with a traditional lens implant as a benefit, but until a groundbreaking decision last year, did not cover the surgery at all if a presbyopia-correcting lens implant was placed. Medicare now allows patients to pay the difference for having the accommodating IOL implanted instead of a traditional IOL.

For more information about cataract surgery and the new presbyopia-correcting IOLs, contact the Escondido Surgery Center at 760.480.6606.

The Community Health Check contains data from a variety of sources including a countywide health assessment completed by Community Health Improvement Partners (CHIP), detailed local information from the Palomar Pomerado Health website, and an online survey of area key stakeholders. Leading health concerns that were identified include obesity, access to health care, and risky behaviors among youth such as alcohol and substance abuse, and injuries due to accidents.

“We are very excited about using the Community Health Check to help generate solutions for these health issues,” says Janet Bath, PPH’s community outreach consultant. “Already, the various Health Care Advisory Councils in each sub-region are developing dynamic, grassroots plans to address the specific needs in their communities.”

(See related story on page 12 of this issue of The BabySource.) To view the Community Health Check online, visit www.pph.org.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Ben and Darlene Fauber like to plant things and watch them grow. Since moving to Escondido in 1998, they have enjoyed cultivating a wide variety of plants and shrubs around their Escondido home.

With the same devotion and attention given to their garden, the Faubers are supporting cardiac services at Palomar Pomerado Health (PPH) with two recent generous donations. And they plan to continue their support with an eye toward the future growth of Palomar Medical Center and Pomerado Hospital.

Ben retired as the chairman and CEO of K-Mart Corporation in 1987. He worked his entire 45-year career for that company, starting as a stock boy for Kresge, which later became K-Mart. He moved frequently during his career, as he ascended through the ranks to take the helm of one of America’s largest companies.

“For the first time in my life, I am living someplace and not thinking ahead to my next move,” Ben says. “Escondido is a beautiful place, with friendly people and many enjoyable activities.”

They moved to Escondido to help their daughter, Lori, as she faced a double lung transplant. A son, Jim Chestnut, lives nearby with his family including wife Nelly, a nurse in Palomar Medical Center’s ICU, and two grandsons, Christopher and Andrew. They have two other sons, Wayne in Montrose, California, and Bernard Jr., in Lynchburg Virginia.

“We became acquainted with the extent of cardiology services at Palomar from personal experience. We are particularly impressed by the quality of care and compassionate attitude of the staff,” Ben says. “Many people we talk to in the community and at Pauma Valley Country Club where we play golf are of the same opinion.”

When they decided to contribute to PPH, the Faubers met with PPH Foundation staff; Gerald Bracht, chief administrative officer for Palomar Medical Center; and G. Douglas Moir, M.D., Escondido cardiologist and Foundation board member. They explained how the Faubers could support cardiac services with a lasting contribution. The Fauber’s most recent gift is designated toward upgrading PPH’s current cardiac technology with the addition of digital cardiovascular ultrasound technology.

“We like the feeling that we’re helping a little with our contribution to the Foundation,” Ben says. “I’ve worked all my life and been lucky. We enjoy giving to worthy causes in the community.”

For information on supporting the Palomar Pomerado Health Foundation, please call Dr. Marilyn Johnson, interim executive director, at 760.739.2778.
Did you know that men have a **HIGHER DEATH RATE** for
**every one of the top 10 leading causes of death**?

Would you be surprised to learn that, on average, American men live sicker and die younger than American women? Could this be because women are 100% more likely to visit the doctor for annual examinations and preventive services than men?*

It’s time to face the facts and fight back. Join us at *The Main Event: A Health Forum for Men* and discover valuable tips to help you avoid a knockout from heart disease, cancer, stroke, pulmonary disease, diabetes and more.

*The Main Event* provides men with the unique opportunity to sit ringside with an esteemed physician panel including a cardiologist, urologist, oncologist and internist who will explore the risk factors, symptoms and detection methods for the biggest health threats against men.

Plus, explore informative exhibits, take advantage of complimentary health screenings, and enjoy a full healthy breakfast. It’s the perfect way to start your day, and it could save your life.

*Source: The Men’s Health Network

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**THE MAIN EVENT:**

A Health Forum for Men

7 – 11:30 a.m.

Thursday, June 15, 2006

California Center for the Arts, Escondido

340 N. Escondido Blvd.

Escondido, CA 92025

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$35 per person

Fee includes full healthy breakfast, exhibits, health screenings, ask-the-expert opportunities, keynote speaker, physician panel discussion and complimentary gift.

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

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**COMPLIMENTARY HEALTH SCREENINGS**

- Blood Glucose
- Body Composition
- Blood Pressure
- Stroke
- Hearing

*Blood Cholesterol Screening available for an additional $15

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**MAIN RING ANNOUNCER**

Bill Griffith

Anchor, 10News

Bill Griffith is winning his fight against breast cancer. Learn more about his courageous journey and why you should be prepared for anything during *The Main Event: A Health Forum for Men*.

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**Schedule of Events**

- 7 – 8:30 a.m.
  - Breakfast, Exhibits, Health Screenings and Ask-the-Expert Opportunities
- 8:30 – 9 a.m.
  - Keynote Address – Bill Griffith
- 9 – 10:30 a.m.
  - Physician Panel Presentations
- 10:30 – 11 a.m.
  - Physician Q&A Session
- 11 – 11:30 a.m.
  - Exhibits and Health Screenings

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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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