PPH Stays Healthy with Carol LeBeau and 10News

Hospital of the Future
The latest news about expansion plans at PPH

Diabetes: Take Control
New programs offer help and hope

Weight Loss Surgery
A 335-pound success story revealed

Are You in the Know?
Choose from more than 25 health-education classes and screening opportunities
Great organizations consistently strive to exceed customer expectations while demonstrating a commitment to innovative excellence in all that they do. Palomar Pomerado Health (PPH) is no exception. We take great pride in being a “quiet leader” in technology, clinical excellence, quality and customer service.

Recent accolades include PPH being named among “The Best in the Nation for Joint Replacement” by Health Grades for 2007; Palomar Medical Center’s (PMC) trauma center being recognized for its dedication to providing optimal care for injured patients by the American College of Surgeons; and both PMC and Pomerado Hospital receiving recognition in *US News and World Report* for outstanding cardiac care as part of the American Heart Association’s *Get With the Guidelines* Performance Achievement Hospitals. In addition, our unique *Welcome Home Baby!* program was recognized by *ADVANCE for Nurses* news magazine for winning the “Best in Adaptability” award in its annual Best Nursing Team contest.

While national recognitions continue to mount, our people continue to make our systems, outcomes and patient experiences better as we design the most modern health system in the state of California. Learn more by visiting [www.pph.org](http://www.pph.org) and let us know how we’re doing.

In Good Health,

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

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

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Learn the latest about expansion plans at PPH.

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Neuromuscular electrical stimulation (NMES) is showing phenomenal results in patients with swallowing difficulty.

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Matt McLaughlin and his late wife Jean are committed to quality health care and Palomar Pomerado Health. Learn how they made a difference through our “Friends of the Foundation” profile.

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!

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

On the Cover
10News Anchor Carol LeBeau keeps fit as an avid ocean swimmer, shown on the cover at La Jolla Cove during an exclusive photo shoot for The HealthSource with San Diego photographer Martin Mann.

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis

Thursdays, September 7 and November 2
Redwood Town Court
On September 7, Georgette Coffey will demonstrate Tai Chi for arthritis relief.

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, October 19, 12:30 – 1:30 p.m.
Thursday, December 14, 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.
Beginning this fall, a unique partnership between Palomar Pomerado Health (PPH) and KGTV 10News will broadcast health and wellness information directly to all patient and visitor areas at PPH facilities. The new Staying Healthy at PPH with Carol LeBeau segments will cover innovations at PPH along with health news and advances in medicine.

“The 10News Staying Healthy feature with Carol LeBeau has been a mainstay of trustworthy and useful health information for 25 years, when it was introduced as the first regularly broadcast local segment in the county that focused solely on health,” says Gustavo Friederichsen, chief marketing and communications officer for PPH. “This partnership brings the quality of Staying Healthy directly to our patients and enhances our commitment to educating our customers about healthy lifestyles, disease prevention and health management.”

1. Get sufficient sleep.
   “For me, it’s eight hours every night. Because I work until midnight, that means keeping the shutters closed until I am awake,” LeBeau says.

2. Start each day with a nutritious breakfast.
   LeBeau’s homemade breakfast of whole grain cereal, flax seed, wheat germ, whey protein and fruit provides the energy she needs.

3. Exercise every day.
   “You don’t have to do something grand, like compete in a marathon, but it is vital to move your body everyday,” says LeBeau, an avid ocean swimmer and runner. “Pick an activity you like so you will stick with it over time.”

4. Maintain a healthy diet.
   “I eat in moderation and eat a variety of fruits and vegetables every day,” she says.

5. Nurture your whole self – your body, mind and spirit.
   “Sustaining strong relationships and getting in touch with your spiritual side are a huge part of bringing your life into balance,” LeBeau says. “There are many ways to get in touch with your spiritual side, including participating in your choice of religious worship. Through my experience, I have observed that people of faith cope better with life’s challenges because they are not alone.”
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.

“First of all, I recognize that I’ve broken all the rules over the years,” 10News Anchor Carol LeBeau says. “When I reached 40, I began to realize how important it is to make the right choices to bring my life into balance, reduce my risk of disease and improve my energy and quality of life. I know that it’s important to take care of yourself in order to be your most effective and most joyful.”

LeBeau, now 52, recommends these steps for staying healthy:

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Preventing the Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. In general, anyone who wants to reduce their chances of catching the flu can get vaccinated. However, certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications, or people who live with or care for those at high risk for serious complications. According to the Center for Disease Control (CDC), annual influenza vaccination is now recommended for the following groups:

- Children ages 6 – 59 months
- Pregnant women
- Persons 50 years and older
- Persons of any age with chronic medical conditions
- Persons who live with or care for persons at high-risk

Palomar Pomerado Health will be offering numerous flu shot clinics (for persons 18 years and older) throughout North County beginning in mid-October. Please visit www.pph.org for more information on locations, dates, times and fees. Or, call the Community Health Improvement Partners (CHIP) Flu Hotline toll-free at 877.358.0202. Complete information may not be available until October 1.

Heart Health

Controlling Cholesterol: What’s Your Score?

OASIS
Wednesday, September 20
10:30 a.m. – 1 p.m.

When did you last have your cholesterol tested? Did you understand the results? Registered nurse Kathy Lunardi will provide low-cost screenings to the first 30 registrants and discuss ideal levels and ways to improve them. Fasting is not necessary. Fee to be paid to instructor in class. To register, call OASIS at 760.432.0635.

FEE: $10 / 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.

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.

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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 – Friday
10 a.m. – 6 p.m.
Call 858.613.4894 for an appointment.

Check your blood pressure regularly at no charge.
Sustainable – to keep in existence; to provide sustenance or nourishment; to strengthen the spirits, comfort

As Palomar Pomerado Health (PPH) officials continue to develop detailed plans for the first major expansion of hospital facilities in 50 years, they have adopted the concept of building sustainable facilities that will create the best healing environment that works today and prepares for tomorrow.

Sustainable health-care design has two main principles: 1) reduce the environmental impact by decreasing resource consumption and waste generation; and 2) create healing environments that address the physical, emotional and spiritual needs of patients, family and staff.

“Sustainable design is evidence-based and numerous studies show you can expect improved medical results because patients heal faster and have reduced hospital stays,” says Carrie Frederick, director of Performance Excellence. “From the beginning, our guiding values have been to create a healing environment that enhances patient safety.”

PPH is including a vast array of people in the planning process. Champion Teams – groups of employees and physicians who have been tasked with evaluating and challenging innovative design concepts – are working with and learning from an expert panel of nationally recognized architects, health forecasters, environmental leaders, technical engineers and additional industry innovators. Countless meetings, workshops and seminars over the past two years have addressed the complexities of building sustainable facilities as these groups have researched and honed in on decisions about functionality, accessibility, safety, integrated technology, communication and more.

“What we are doing isn’t being done anywhere else,” says Michael Covert, president and CEO. “We are challenging ourselves to think outside of the traditional mode and look into the future.”

While the Hospital of the Future is starting to take shape, there is much work to be done to fulfill the mission of sustainable design. In June, PPH hosted a Sustainable Design Workshop that was made possible through a Kresge Foundation grant. Participants heard from industry leaders, including Kaiser Permanente, which is a leader in implementing environmentally sound changes into their structures that have benefited patient health and helped reduce operating costs.

“it is possible to design environmentally responsible facilities that reduce the use of natural resources and decrease pollutants,” Frederick says. “We’re putting everything on the table for discussion and then asking ourselves if there is a better way to improve the environmental health for our patients and staff while enhancing their healing and overall well-being.”

Sustainable design decisions touch everything from the concrete foundation to the delivery of food to patient rooms, from the choice of flooring material to the location of elevators. Teams are studying water reclamation, noise reduction, energy conservation and much more with the goal of making environmentally sound decisions that enhance quality and safety.

“We will continue to challenge ourselves to assure that our final decisions are the most advanced and most effective way to build facilities that will stand the test of time,” Frederick says.
Cancer

I Can Cope

Pomerado Hospital
Tuesdays
September 26; October 3, 10, 17, 24, 31
10:30 a.m. – Noon

Oncology nurse Kay Kimball leads this FREE series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and PPH Cancer Resource Centers. To register, call 858.613.4044.

FEE: Free

Look Good, Feel Better

Palomar Medical Center (Bilingual)
Monday, October 30
5 – 7:30 p.m
Pomerado Hospital
Mondays, October 30 and December 11
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 complementary. 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 – Register with a friend for just $100 each!

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)
858.613.4893 (Escondido)

Chat with an Expert About Breast Health

Women's Health Connection
Wednesday, October 18
2:30 – 4 p.m.

Immediately following our Breast Health Open House, join us for an informal discussion with radiologist Tim Feng, M.D., from Valley Radiology, and oncology nurse Kay Kimball, RN, MSN, OCN. They will present information about the latest methods for detecting sporadic and hereditary breast cancers.

FEE: Free
Diabetes

Diabetes: Managing the Disease
OASIS
Wednesday, October 4
10:30 a.m. – Noon

Whether you are newly diagnosed with diabetes, have been an individual with diabetes 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 registered dietitian and diabetes educator Halle Elbling as she explores ways to take control of this manageable disease. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Blood Glucose Screening
Women's Health Connection
Wednesday, November 8
8 – 11 a.m.

The American Diabetes Association (ADA) recommends a fasting blood glucose screening every three years starting at age 40 with no family history or other risk factors. Take advantage of this opportunity to receive a free blood glucose screening performed by a registered nurse. Fasting is recommended but not mandatory.

FEE: Free

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

DiabetesHealth education classes are designed to help individuals with diabetes and their families improve their health status and quality of life. Classes range from a core education series to specific needs that focus on self-blood glucose monitoring, nutritional meal planning, carbohydrate counting, oral medications and exercise; support groups and “Sweet Success,” a program for pregnant women with gestational diabetes.

Palomar Pomerado Health’s (PPH) DiabetesHealth outpatient program is designed to help people with diabetes and pre-diabetes develop and practice self-management skills that will improve their health and quality of life while reducing their risk of diabetes-related complications.

The program is undergoing an expansion and update of its services under the direction of its new medical director, Alan Conrad, M.D., a board-certified internist, and system director, Kris Hedges, MBA. Existing comprehensive outpatient services include classes in English and Spanish that focus on specific needs, such as carbohydrate counting, weight management, insulin administration, oral medications and exercise; support groups and “Sweet Success,” a program for pregnant women with gestational diabetes.

“With our new, highly qualified, bilingual clinical staff, we are able to offer a wider range of outpatient services to continue to meet the growing needs of people with diabetes in our community, says Hedges. “We are also enhancing our inpatient services for hospitalized patients.”

To build upon the success of the existing program, DiabetesHealth is offering new community-based activities, such as “The ABC’s of Healthy Cooking” class and the “Dining with the Dietitian” program.

“The ABC’s of Healthy Cooking is a monthly class where participants learn that giving up calories doesn’t mean giving up taste,” says Halle Elbling, MS, a registered dietitian at PPH and the class instructor. The course offers in-depth advice on baking ingredients and tips for successful low-fat and low-sugar cooking to make the ultimate healthy meal. Participants learn to design a meal pattern that fits their needs for a healthy lifestyle, while also brushing up on their cooking techniques. Each person is given nutrition education materials, a recipe book and is served a healthy and delicious meal.

“Cooking and eating healthy helps with body processes, growth and repair of cells and provides energy which helps reduce the risk of diseases such as cancer, heart disease, stroke, osteoporosis and diabetes,” says Elbling.

To help North County residents with the dilemma of making healthy choices when dining out, the DiabetesHealth program is also organizing a Dining with the Dietitian program that will be offered at local restaurants.

“The participants will meet me at a restaurant where I will focus on teaching them portion sizes, calories, carbohydrates and fat content based upon their menu selections,” says Elbling. “It will be wonderful to share my knowledge of nutrition and for participants to learn that you can dine out and still choose healthy foods.”

To learn more about the DiabetesHealth program at PPH, call 858.613.4164 or visit www/pph.org.

Know the Symptoms

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these symptoms, see your doctor.
For a physician referral, call The HealthSource at 800.628.2880.
Weight Loss Surgery Seminar
Office of Dr. Charles Callery
and Dr. Kyle Potts
Tuesdays
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.

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Surgery for Weight Loss

LAP-BAND® is different from open gastric bypass surgery where the stomach is actually cut into two parts, creating an upper (“new”) and lower stomach. Next, the small intestine is cut and divided and the lower portion is connected with staples or stitches to the new stomach. Finally, the upper portion of the small intestine is reconnected to the lower stomach so that essential juices from the stomach, pancreas and liver continue to aid in digestion.

The advantages of LAP-BAND® over gastric bypass surgery include:

- No cutting or stapling of the stomach
- Stoma size can be adjusted to patient’s needs after surgery, without an additional operation
- More easily reversible
- Shorter operation, hospital stay and recovery time
- Less pain

“Additionally, LAP-BAND® patients have fewer long-term problems with vitamin deficiencies,” says Dr. Callery. Patients who undergo gastric bypass sometimes struggle to get enough protein, calcium and other essential vitamins to meet daily requirements and therefore, must supplement their diet.

“LAP-BAND® surgery allows patients to lose weight gradually and adapt physically and mentally to their dramatic weight loss and new lifestyle,” says Dr. Callery.

Two years after having gastric bypass surgery at Palomar Pomerado Health (PPH), 47-year-old, Charlene Patterson has found renewed energy and self-esteem.

“Although my family and friends were supportive of me before my surgery, internally I felt like I had no self-worth,” says Patterson. “Society views overweight people as invisible; after a while you begin to believe that you are.”

“Since my surgery, I have lost about 100 pounds and found that ‘skinny’ person that I always knew I could be,” says Patterson. “I have hope, regained my confidence and am embracing life.” In May 2006, Patterson completed her first triathlon, the Xterra Spring Sprint Triathlon, even though she claims she is not an athlete. This event involved a 1/4-mile swim, 9-mile bike ride and 3-mile run, which Patterson completed in less than two hours.

“To keep the weight off, I knew I needed a goal and training for the triathlon has been that goal,” says Patterson. “I also followed exactly the instructions given to me by the staff and I still attend the support groups and watch what I eat. Maintaining my weight is a lifelong commitment.”

Now, she’s training for the October Jamba Juice Mission Bay Triathlon. “I’ve gathered about 20 friends to train with me and to participate in this one,” she says. “I’ve got to keep the weight off and exercise is the key.”

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

Vision Challenges for Mature Adults
OASIS
Wednesday, October 18
10:30 a.m. – Noon

From cataracts to glaucoma and macular degeneration, there are many eye conditions that require special treatment, aid and perhaps surgery. Ophthalmologist William Basuk, M.D., will discuss changes in vision and explore solutions for your concerns. To register, call OASIS at 760.432.0635.

FEE: $3/participant

Common GI Problems
OASIS
Wednesday, November 1
10:30 a.m. – Noon

From indigestion and GERD to irritable bowel syndrome and Crohn’s disease, a complete understanding of gastrointestinal symptoms, causes and treatment require the help of a health professional. Join Cynthia Robertson, M.D., as she explores solutions for these common GI problems. To register, call OASIS at 760.432.0635.

FEE: $3/participant

Managing Holiday Stress: A Caregiver Workshop
OASIS
Wednesday, November 15
10:30 a.m. – Noon

If you have a loved one with dementia, the holidays can bring special challenges. This workshop, led by Laura Printy of the Alzheimer’s Association, will provide helpful information and strategies to enhance the holiday experience for the entire family. To register, call OASIS at 760.432.0635.

FEE: $3/participant

Non-Surgical Skin Rejuvenation
OASIS
Wednesday, November 29
10:30 a.m. – Noon

There are many options today for skin improvement that do not require surgery. How do you select a procedure? How effective are the many products on the market today? The field of skin rejuvenation can be mind-boggling. Join dermatologist Nancy Chen, M.D., as she discusses solutions for your skin. To register, call OASIS at 760.432.0635.

FEE: $3/participant

Healthy Lifestyle – One Bite at a Time
OASIS
Wednesday, December 6
10:30 a.m. – Noon

Reading food labels, understanding calorie count and portion size, and deciphering the role they play in weight management is still a challenge for many people. Join health educator Kay Stuckhardt as she explores creative ways to cut calories and convert full-fat recipes to heart-healthy dishes. You’ll leave this class with a renewed interest in meal planning and cooking. To register, call OASIS at 760.432.0635.

FEE: $3/participant

Talk Time:
Chat with a Health Expert for FREE!

Talk Time with
Kay Kimball, R.N., M.S.N., O.C.N.
Women’s Health Connection
Thursday, October 5
2 – 3:30 p.m.

October is National Breast Cancer Awareness month. How knowledgeable are you about prevention, early detection and treatment of this complex illness? Do you know there are support groups and experts in the field of oncology to assist you and your family members when confronted with the many decisions and emotions surrounding a cancer diagnosis? Oncology nurse Kay Kimball will answer your questions during this small, informal gathering.

FEE: Free

Talk Time with
Laura Printy, Education Coordinator, Alzheimer’s Association
Women’s Health Connection
Thursday, December 7
2 – 3:30 p.m.

Staying fit isn’t just about the body from the neck down. The health of your brain plays a critical role in almost everything you do. There are steps you can take to help live a brain-healthy lifestyle. Join Laura Printy as she discusses specific brain-healthy foods, explores how physical exercise can improve brain health and reveals mentally challenging activities that can strengthen brain cells.

FEE: Free

Light refreshments will be served. Space is limited.
Call The HealthSource at 800.628.2880 to register today!
Exercise

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.

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

Get Fit and Stay Strong
OASIS
Tuesdays & Thursdays
12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.
Exercise Instructors Jay Byers and Traci Thys lead this fitness class using bands and weights to increase your bone density, strength and endurance. To register, call OASIS at 760.432.0635.

September 12 – 28  Fee: $30 for 6 classes
October 3 – 31  Fee: $45 for 9 classes
November 2 – 30  Fee: $40 for 8 classes
December 5 – 14  Fee: $20 for 4 classes

No class on November 23

Keep On Exercisin’
The HealthSource, San Marcos
Tuesdays and Thursdays
8 a.m.
Exercise instructor Jay Byers teaches low-impact aerobics, stretching exercises and how to use lightweights for building muscle strength and endurance. To register, call The HealthSource at 800.628.2880.
FEE: $30 per month / participant

Beginning Weight Training
The HealthSource, San Marcos
Wednesdays
6 p.m.
Exercise instructor Jay Byers leads this introduction to weight and strength exercises. To register, call The HealthSource at 800.628.2880.
FEE: $30 for 6 classes

PPH Offers New Payment Plan
PPH now offers a prescription for financial relief. CarePayment is a new credit card for patients that provides an extended-term, interest-free finance program for those who find traditional payment terms difficult to meet. The program benefits patients who may experience a significant, unplanned hospital bill. For more information, please call PPH Patient Billing Services at 858.675.5301 or visit www.pph.org.

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 (Non-Certified)
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 (Certified)
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

Look for our new Pediatric First Aid class listed on page 14 of this issue of The BabySource.

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.
A new rehabilitation technique used at Palomar Pomerado Health (PPH) is showing phenomenal results in patients with swallowing difficulty (dysphagia). It’s called neuromuscular electrical stimulation (NMES), and thanks to a pioneering chart review comparing PPH patients who received this therapy with those who received traditional speech therapy, the technique is gaining attention by top researchers in speech pathology.

“Although NMES, which is also called e-stim, has been documented in research for nearly 100 years and its principles applied in the physical therapy setting for more than 40 years, it has only been recently that speech pathologists have applied the concepts to voice and swallow therapy,” says Juliana Borgatti, MA, CCC, supervisor of speech pathology at PPH.

During NMES, a speech pathologist attaches electrodes from an approved neuromuscular stimulator to the muscles that are responsible for moving the larynx. The electrodes send electrical impulses to peripheral nerves, causing throat muscles to contract. NMES does not hurt and is usually applied for about 30 minutes while the patient works with the speech pathologist to exercise his laryngeal muscles for swallowing or voice tasks.

“Our brain normally sends electrical signals through the nerves to cause our muscles to contract,” says Borgatti. “When the throat muscles become weakened due to injury or illness such as stroke or Parkinson’s disease, the signal is not as strong. By sending electrical impulses to the peripheral nerves, the muscles respond and contract in a way that is better and stronger. NMES significantly reduces the amount of time it takes to train the muscles to perform normally.”

“Since NMES is relatively new to the field of speech pathology, we decided to conduct our own pilot study at PPH to track the success rate of NMES treatment as compared to traditional therapy exercises alone,” says Borgatti.

In this retrospective chart review study, 50 patients had received NMES therapy while the other 50 had received traditional therapy alone. More than three quarters (78%) of the patients who received NMES made functional gains – defined as progressing from tube feeding or highly restrictive diets to oral intake of food or less restrictive diets – while only 44% in the traditional therapy group did the same. The study found that the average time to achieve functional gains was two months with NMES, whereas traditional therapy ranged from two to six months, if success was achieved at all. Many of the patients (48%) who had achieved success with NMES had been on feeding tubes for six months to as long as two years.

“We shared the results of the study at several conferences and received excellent responses from the professional community,” says Borgatti. “Formal studies are now being initiated by top researchers in speech pathology and clinicians throughout California are beginning to use NMES more frequently with excellent outcomes.”

When 70-year-old former firefighter Leroy Bouchey suffered a debilitating stroke, it left him with a very dim outlook. Bouchey’s severe inability to swallow, complicated by his already-diagnosed muscular dystrophy, required that he receive all his nourishment through a feeding tube.

“He couldn’t talk. He couldn’t eat. Everything was so difficult for him,” says his wife Lorna. Doctors recognized that Bouchey was a great candidate for NMES. After only three months of NMES treatments, he was able to eat again. His diet today includes a wide variety of foods, mashed or chopped, along with Italian ices to help wash them down.

“We have even used e-stim on an 11-year-old boy who has dysphagia caused by the removal of a brain tumor,” says Suzanne Neidermyer, MA, CCC-SLP, speech-language pathologist at PPH. “He’d had difficulty speaking and swallowing and relied on a feeding tube for three years. Because of this treatment, his speech is improving, the feeding tube is out and he has progressed to a full oral diet.”

“NMES is the latest and most effective technology in swallow rehabilitation,” says Borgatti. “It allows patients to achieve a higher quality of life, which is the ultimate goal of rehabilitation.”

For more information about NMES, please contact Palomar Pomerado Health Rehabilitation Services at 760.739.3340 or visit www.pph.org.
Jean and Matt McLaughlin

Shortly after moving to Rancho Bernardo 28 years ago, Matt McLaughlin and his wife, Jean, became supporters of the Palomar Pomerado Health Foundation. Today, the McLaughlins are considered major benefactors who have generously funded programs, projects and equipment needs to benefit the community.

“We recognized that, with an aging and growing population, our community needed more hospital services,” Mr. McLaughlin says. “I spoke with my personal physician, Dr. Marcelo Rivera, about my desire to get involved and help. He connected me with the Foundation and I asked ‘what does the hospital need most right now?’”

The McLaughlin’s first major gift was designated to refurbishing Pomerado Hospital’s Emergency Department. Soon after, they contributed additional funds to purchase new radiology equipment.

“Former Executive Director Anamaria Repetti was instrumental in helping to identify additional areas of giving,” Mr. McLaughlin says. In 2003, the Foundation received a $250,000 gift from the McLaughlins for the purchase of a state-of-the-art stereotactic breast biopsy system that provides minimally invasive diagnosis of breast cancer, which offers the patient many benefits over open surgical biopsies. Additionally, the McLaughlins funded more than $300,000 in nursing scholarships by establishing the Matt and Jean McLaughlin Scholarship Fund through the Palomar Pomerado Health Foundation. These scholarships are critical in addressing the nursing shortage. A recent $5,000 gift funded kits (i.e. stethoscopes, etc.) for the first class of nursing students at California State San Marcos.

“We are happy to provide this assistance and help educate more nurses for our hospitals,” Mr. McLaughlin says. “We were concerned about the decline in nurses over the past few years and believe this is a good way to help effect change locally.”

Jean McLaughlin passed away on February 15, 2003, one month shy of their sixty-second wedding anniversary. Her husband has assured that her spirit and commitment will live on through a charitable gift annuity of $4 million. This major gift has been designated for Pomerado Hospital’s new Outpatient Services Pavilion that will bear her name when it is completed in 2007.

“Giving back to the community has always been a focus for Jean and me,” says Mr. McLaughlin. “I was fortunate in business and figured that money only helps when it’s put to good purposes.”

Palomar Pomerado Health Board of Directors

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