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Write from the Top

Dear Friend of PPH,

Just like a healthy body, our region’s health system depends on many individual parts working in unison. Without our dedicated physicians, medical staff, Foundation, donors, or community volunteers, Palomar Pomerado Health would not be the comprehensive, finely-tuned system it is today.

Our health system is transitioning to meet your future health-care needs. In addition to major construction projects, this requires new modalities of treatment, changes in service philosophy and supporting the highest quality care possible through every means available.

The Palomar Pomerado Health Foundation plays an instrumental role in our successful evolution. Its community of donors underwrite many of our most exciting programs and cutting-edge treatments. I know that I am grateful for this support as are the patients who have benefited directly.

Included with this issue of The HealthSource is a pre-printed envelope that you may use to make a donation to the Foundation. As we prepare to embark on a major capital campaign, I urge you to contact the Foundation to discuss how your gift can make a difference in our patients’ lives and our community’s health. Thank you for your support.

For more news from the Foundation, see page 15 of this publication.

In Good Health,

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

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For more classes, visit 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**
  125 Vallecitos de Oro
  Suite A
  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 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 the former Robinson’s May South location are provided by OASIS through sponsorship by Palomar Pomerado Health. To register for an OASIS class, call 760.432.0635.

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

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Cover image provided by Intuitive Surgical, Inc.
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Palomar Pomerado Health is offering a wide variety of classes during the months of May through August. 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.*
The newest surgical technology at Palomar Medical Center is named for Leonardo da Vinci who invented the first robot. This visionary Renaissance man also used unparalleled anatomical accuracy and three-dimensional details to bring his masterpieces to life. Similarly, the da Vinci Surgical System provides surgeons with enhanced detail and precision, offering the benefits of intuitive natural surgery through tiny incisions.

Palomar Medical Center has acquired the newest generation da Vinci S HD Surgical System that offers unparalleled precision, improved surgical results and quicker recovery. The da Vinci is a robotic system that works as an extension of the surgeon who uses computer controlled instruments to operate through tiny openings in the body.

The da Vinci system has diverse applications and will be used for cardiac, gynecology, urology and general surgery procedures. Since the introduction of da Vinci more than five years ago, it has been used successfully across the country in tens of thousands of procedures.

“What excites me most is being at the forefront of surgical technology,” says Thomas Jones, M.D., a board-certified urologist in Escondido. “Patients use the Internet to research their options for treating prostate cancer and are aware of the advantages of the da Vinci approach. Now we can provide a new, higher standard of care using da Vinci at Palomar.”

The greatest advantage that da Vinci offers over laparoscopic minimally invasive surgery is its intuitive natural motion for the operating surgeon. First introduced in the late 1980s, minimally invasive laparoscopic surgery was welcomed as one of the biggest advancements in abdominal surgery of the 20th century. Laparoscopic surgeons operate by looking at a video monitor, which provides a 2-dimensional view of the surgical area. As they move the laparoscopic instruments, which are rigid and angular, the motion shown on the monitor is opposite of the natural motion. For example, to move an instrument up and to the right, the surgeon's hands actually moves down and to the left because the video transmission reverses images.

“As an extension of the surgeon, the da Vinci is a vast improvement offering the ability to be more precise in performing complex, minimally invasive surgery,” says Kris Ghosh, M.D., a board-certified obstetrician/gynecologist who first used da Vinci at Harvard Medical Center. “The robotic system means less tissue damage and quicker recovery, with less pain.”

Why da Vinci?

The newest surgical technology at Palomar Medical Center is named for Leonardo da Vinci who invented the first robot. This visionary Renaissance man also used unparalleled anatomical accuracy and three-dimensional details to bring his masterpieces to life. Similarly, the da Vinci Surgical System provides surgeons with enhanced detail and precision, offering the benefits of intuitive natural surgery through tiny incisions.

The da Vinci Advantages:

- Shorter hospital stay
- Smaller incisions
- Less pain
- Less risk of infection
- Less blood loss
- Less scarring
- Faster recovery and quicker return to normal activities
Welcome to the Future

da Vinci Prostate Surgery Leads to Quick, Full Recovery

Once he had done the research, Tom Boyle, of Valley Center, knew that he wanted his localized prostate cancer removed by the highly precise da Vinci robotic system. Even though it meant traveling to Los Angeles for the surgery last July.

“The advantages were obvious,” Boyle says. “da Vinci is less invasive, which means a quicker recovery. With traditional surgery, you need to use a catheter for a month, but with da Vinci I only needed a catheter for six days. I was walking and running about 10 days after surgery.”

A complicating factor in his case was previous abdominal surgery that left scars, which were removed during the radical prostatectomy. Boyle has made a complete recovery, without two common complications that sometimes occur with prostate surgery: incontinence and impotency.

“With intense magnification, we can see the margins of the tumor much better, which enhances the ability to remove the entire cancerous tumor while sparing nearby nerves and tissue,” says Thomas Jones, M.D., a board-certified urologist who will perform da Vinci radical prostatectomies at Palomar Medical Center. “Because the robotic arms rotate a full 360 degrees, it’s possible to move the instruments with more precision and flexibility.”

“Once I knew of the da Vinci advantages, I was prepared to go anywhere for it,” Boyle says. “It’s fantastic that da Vinci is coming to Palomar Medical Center, because it brings another option for advanced surgery to the community.”

How da Vinci Robotic Surgery Works

During robotic surgery, the surgeon sits at a console viewing a 3-D high-definition video image of the surgical area. These images can be magnified 10x and are enhanced by using synchronizers and high-intensity illuminators. The surgeon holds master controls that seamlessly translate his or her hand, wrist and finger movements into the precise movements of the surgical instruments inside the patient.

At the nearby patient-side cart, four robotic arms execute the surgeon’s commands. The arms are pencil thin, fitting into operating ports that are less than 2 centimeters in size, and have a unique “wristed joint” design that allow a full range of motion that minimizes tissue damage. One arm holds an endoscopic camera that transmits images to the console, while the other three hold instruments. During surgery, a surgical technician attaches a variety of EndoWrist instruments to the arms to complete precise tasks such as clamping, removing tissue or suturing.

“The enhanced optics make it easier to see and work around delicate or confined structures, which is a distinct advantage when performing complex procedures such as a radical hysterectomy,” says Dr. Ghosh. “When it comes to removing uterine fibroids, the da Vinci may present a uterine-preserving alternative to open abdominal hysterectomy.”

The da Vinci Surgical System is also changing the practice of cardiac surgery as it’s known today. From coronary artery bypass to mitral valve repair, traditional surgical treatment involves making a large incision to saw open the breastbone. With da Vinci, surgery can be performed through tiny openings to restore health and return patients to normal activities more quickly.

Skilled Surgeons, Technicians

Before using da Vinci, the surgeons and dedicated surgical assistants complete extensive training that begins with a training course at Intuitive Surgical, the creator of da Vinci, and performing da Vinci procedures on animals in a special laboratory. They have assisted previously trained da Vinci surgeons at other hospitals. The first few cases performed at Palomar Medical Center (PMC) will be monitored by preceptors who are experienced da Vinci surgeons from other facilities.

“We are very committed to providing quality services and advanced technology to meet the needs of our community with the highest level of care,” says Kim Dodson, R.N., M.B.A., Service Line Administrator for Perioperative Services. “Every da Vinci surgery at PMC will be reviewed by an independent quality review board, which enables us to identify and correct any quality issues early on.”

For more information, contact Kim Dodson at 760.739.3580. To view a patient education video on the da Vinci prostatectomy procedure, visit www.pph.org.

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

Brain Attack! Stroke Awareness Education and Screening

OASIS
Wednesday, May 23
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. A stroke screening will be provided. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Get Your Numbers in Check

OASIS
Wednesday, July 1
10:30 a.m. – Noon
Do you know your blood pressure, cholesterol, LDL, HDL, triglycerides, glucose and BMI? Knowing and understanding these numbers can mean the difference between living a healthy life or facing serious illness. Kathy Lunardi, R.N., provides the facts you need to know. 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.

Lung Health

Kick the Habit: Smoking Cessation

Palomar Medical Center, Education Classroom
Eight-week series
Wednesdays, June 6 – August 1 (No class on July 4)
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. Includes comprehensive workbook.
FEE: $125 / participant – Register with a friend for just $100 each!

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.

Cancer

I Can Cope

Pomerado Hospital
Thursdays, July 12, 19, 26; August 2, 9, 16, 23
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, Education Classroom (Bilingual)
Monday, June 25 or Monday, August 27
5 – 7:30 p.m.
Pomerado Hospital, Meeting Room C
Monday, June 25 or Monday, August 27
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. To register, call the American Cancer Society at 619.682.7440.
FEE: Free

Women’s Recurrent Cancer Support Group – NEW!

Women’s Health Connection
2nd and 4th Thursdays of each month
2 – 3 p.m.
The issues of women confronting recurrent or metastatic cancer are often different than the concerns of the newly diagnosed. Bejai Higgins, MS, MFT, is a specialist in psychosocial oncology and leads this valuable support group.
Registration is REQUIRED. To register, or for more information, please call 858.229.5373.
FEE: Free

Wigs, Wig Products & Prostheses

Wigs, wig products and breast prostheses are available at competitive 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)
Palomar Pomerado Health (PPH) is proud to sponsor the American Heart Association's 2007 “Women in Health” luncheons. The six-part series is designed to create an environment all about women – exploring their health, interests, concerns and lifestyle issues. The cost to attend is $25 per person which includes a gourmet lunch, featured speakers, valuable health screenings and more. The register, call The HealthSource at 800.628.2880.

June and August “Women in Health” Luncheons

**Brain Attack! What Every Woman (And Man) Must Know About Stroke**

Keyvan Esmaeili, M.D.
Medical Director, Acute Rehab Unit
Palomar Pomerado Health

This year, more than 100,000 women under age 65 will have a stroke. It is also America’s third leading cause of death. The good news is, up to 80 percent of strokes are preventable. On the heels of National Stroke Awareness Month, join Dr. Keyvan Esmaeili of Palomar Pomerado Health Rehabilitation Centers as he discusses prevention, risk factors, warning signs and available treatments for stroke. Plus, discover the hidden risk factors for women and why every second counts at the first sign of stroke.

**Wednesday, June 6**
California Center for the Arts, Escondido
340 North Escondido Blvd.
Escondido, CA 92025

Health Screenings: 10:30 – 11:30 a.m.
Stroke risk assessment, blood pressure, cholesterol, body composition

Luncheon: 11:30 a.m. – 1 p.m.

FEE: $25 / person

**Move It! Staying Healthy Through Exercise**

Elizabeth Salada, M.D.
Internal Medicine
Palomar Medical Group

As Americans become increasingly sedentary and the prevalence of diabetes and obesity increases, metabolic and cardiovascular health is a significant health concern for women (and men) of all ages! Fortunately, physical activity can be an effective means of treating and preventing obesity and diabetes. Join Elizabeth Salada, M.D., as she explores the many benefits of exercise for a woman’s total health. Plus, a PPH physical therapist will demonstrate some simple exercises that you can do at home. Discover how a little “get up and go” can go a long way!

**Wednesday, August 1**
Carmel Mountain Ranch Country Club
14050 Carmel Ridge Road
San Diego, CA 92128

Health Screenings: 10:30 – 11:30 a.m.
Body composition, glucose, blood pressure

Luncheon: 11:30 a.m. – 1 p.m.

FEE: $25 / person

To register, please call The HealthSource at 800.628.2880 or visit us online at www.pph.org under classes and events. Search for the class titles, “Brain Attack!” or “Move It!” Additional luncheons will be held on the first Wednesday of October and December. Look for more information in the next issue of The HealthSource magazine or online at www.pph.org.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Mending of Understanding the Behavioral Needs of Older Adults

PPH’s comprehensive Behavioral Health Services address the unique needs of older adults who have behavioral and medical health concerns occurring at the same time by offering inpatient and outpatient services.

“All patients are treated by local, well-established and highly experienced geriatric psychiatrists,” says Betsy Burns, Ph.D., Program Manager for Outpatient Behavioral Health Services and the Pomerado Gero-Psychiatric Unit. “Our multi-disciplinary team also includes general psychiatrists, the patient’s primary care physician, licensed psychologists, clinical social workers, marriage and family therapists, activity therapists, pharmacists and nursing staff – all of whom specialize in the mental health needs of the elderly.”

Pomerado Hospital’s Gero-Psychiatric Unit

The inpatient Gero-Psychiatric Unit at Pomerado Hospital provides comprehensive diagnosis, assessment and treatment for patients 60 years and older with acute mental disorders, such as depression, anxiety, psychosis and dementia. This unit is distinguished from other inpatient psychiatric programs by providing diagnostic and medical support services for uncomplicated medical conditions while treating the primary mental disorder. For example, if a patient being treated for anxiety also has diabetes, the primary treatment for anxiety will be addressed with a multi-disciplinary approach while the diabetes is also monitored and managed.

Patients stay in private home-like rooms where their care is provided in a safe, structured and secure environment. Every patient has an individualized treatment plan, which may include psychotropic medication and a variety of group, individual and family therapy. Milieu therapy provides patients with a therapeutic social environment designed to enhance the results of treatment.

The primary treatment goal is to stabilize the acute psychiatric condition, and improve each patient’s function so that he or she can return to the most appropriate living situation, such as their own home, an assisted living facility or a skilled nursing facility.

“Seniors face stressors just like everyone else, however, they may react differently,” says Stephen Signer, M.D., a board-certified geriatric psychiatrist. “It’s no wonder that older adults may be overwhelmed if you consider what they are dealing with. Many are downsizing their home; calculating how much money they have for retirement; grieving the death of friends, a spouse or job; or having their children move away from home.”

These are life changes that many older adults encounter. And, while change can be positive, it can also create stressors that become overwhelming and may lead to behavioral conditions such as depression. When combined with age-related health issues, it has the potential to create a complex situation requiring specialized care.

Studies from the American Association of Geriatric Psychiatry find that nearly 20 percent of older adults experience mental disorders, such as anxiety, depression and severe cognitive impairment that are not a part of normal aging. Adults 55 years and older are less likely to seek treatment for behavioral health concerns than younger individuals. Yet, when they do, often the first professional they contact is their primary care physician.

“It’s well-documented that depression and other behavioral health conditions negatively affect a person’s ability to recover from and deal with physical health problems,” says Susan Linback, R.N., M.B.A., Service Line Administrator for Behavioral Health Services at Palomar Pomerado Health (PPH).

After 64 years of marriage, Grandpa just passed away and Grandma spends her days alone in their family home, where they raised four sons. Arthur, age 76, recently moved to Rancho Bernardo to be closer to his daughter, but that meant leaving life-long friends in Nebraska. Ann, 80 years old, was diagnosed with cancer last year and is receiving medical treatment, but she has lost interest in going to church and other activities.

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Health Needs of Older Adults

Activity Therapy

To help overcome depression and isolation, seniors treated in the Gero-Psychiatric Unit are encouraged to participate in activity therapy. This program helps improve a patient’s physical, cognitive, emotional and social functioning and also helps develop skills that will increase their independence in life.

“Activity therapy helps patients feel successful at what they are doing,” says Vicki Forster, CTRS, Activity Therapist. “We offer a variety of choices such as music, arts and crafts, discussion and sensory stimulation, which are intended to promote self expression, socialization and choice. We also offer education programs, covering topics like stress or anger management, assertiveness, healthy aging and the benefits of exercise.”

“The primary benefits of activity therapy are improved morale and life satisfaction, enhanced behavior and social skills and decreased agitation and loneliness,” Forster says.

Outpatient Behavioral Health Program

The intensive Outpatient Behavioral Health Program is the only one in North County dedicated exclusively to treating geriatric mental health issues. Patients may attend treatment one to five days each week, depending on their treatment needs. Treatment includes group psychotherapy, as well as individual and family therapy, and focuses on the special needs and developmental issues that older adults often encounter. The program accommodates individuals with special medical needs requiring the use of a wheelchair, walker or oxygen tank. Transportation and lunch are provided.

In addition to geriatric behavioral health services, PPH also has an acute Mental Health Unit at Palomar Medical Center that provides intensive psychiatric inpatient treatment for adults suffering from severe psychiatric disorders such as schizophrenia or bipolar disorder, as well as an adult Outpatient Behavioral Health Program in San Marcos. Behavioral Health Services are covered by Medicare and most insurance companies, based on medical necessity.

Recognizing Depression

If you know someone who has experienced these symptoms for more than two weeks, please seek help from PPH Behavioral Health Services:

- Sadness
- Sleep Disturbance
- Change in Appetite
- Decreased Energy
- Loss of Interest in Normal Activities
- Decreased Concentration
- Suicidal Thoughts – If someone expresses suicidal intentions, seek immediate help. Seniors are especially at risk for attempting and completing suicide.

A confidential depression screening tool is available through the PPH Web site, www.pph.org. Click on Departments and Services and then Behavioral Health. This tool is useful to complete and give to the primary care physician to aid in evaluation and referral.

How to Get Help

Physicians, community agencies, family members, friends or the patient may make referrals for evaluation and treatment. For more information about Behavioral Health Services for older adults, please call 800.336.2000.

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

Medical Alert: Traveling Here and Abroad

**OASIS**
Wednesday, June 6
10:30 a.m. – Noon
Before you pack your bags, make sure you consider your most important travel companion – your health. Your immunizations are up-to-date? Have you refilled your prescription medications? Dr. Donald Herip explains the do's and don'ts for local and international travel. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Living a Brain Healthy Lifestyle

**OASIS**
Wednesday, June 20
10:30 a.m. – Noon
The health of your brain plays a critical role in overall health and fitness. Join Diane Beach, MPH, Ed.D, of the Alzheimer's Association, as she explores what you can do now to help maintain a healthier brain and reduce your risk of Alzheimer's disease or other dementias. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Restless Leg Syndrome

**San Marcos Senior Center**
Thursday, June 28
10 – 11:30 a.m.
Do your legs feel like they are doing the jitterbug while your body feels like sleeping? Restless leg syndrome is a very common sleep-related problem. Kathy Lunardi, R.N., explores how to live with this annoying disorder and discusses available treatment options.

FEE: Free

Unscrambling the Nutrition Label

**OASIS**
Wednesday, July 25
10:30 a.m. – Noon
The “Nutrition Facts” food labels provide information about specific packaged foods. Measurements of fat, cholesterol, sodium, carbohydrate, protein, vitamins, and minerals are calculated for a “typical portion,” but reading these labels can be confusing. Get your questions answered during this informative class. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

Fall Prevention (Two-Part Class)

**OASIS**
Wednesdays, August 8 and 15
10:30 a.m. – Noon
Older adults are hospitalized five times more often for fall-related injuries than for any other type of injury. The potential risks can be numerous – from physical conditions and poor health, to medications and safety hazards in the home or community. Find out what you can do decrease your risk of falling. To register, call OASIS at 760.432.0635.

FEE: $6 / participant

Women's Health

Hysterectomy Hysteria

**Pomerado Hospital**
Third Floor, Cafe Conference Room
Monday, July 23
6:30 – 8:30 p.m
Gynecological problems can cause debilitating pain, but surgery is not always the necessary answer. Join Sudabeh Moein, M.D., OB/GYN, and Kristen Burris, Licensed Acupuncturist, as they discuss the alternatives and provide insights for your informed decision.

FEE: Free

Diabetes

**Diabetes Education**

The HealthSource, San Marcos
120 Craven Road, Suite 207
San Marcos, CA 92069
Classes offered weekly.
Call 858.613.4164 for dates, times and fees.

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

Talk Time: Chat with a Health Expert for FREE!

Making the Most of Your Annual Exam

**Women's Health Connection**
Thursday, June 21
2 – 3:30 p.m.
Preparation is key when meeting with your health-care professional. Are you ready? Learn to be your own best advocate by speaking openly and honestly with your doctor about your health-care concerns. A PPH health-care professional will provide insights to making the most of your annual exam.

FEE: Free

Alleviating Allergies

**Women's Health Connection**
Thursday, August 16
2 – 3:30 p.m.
From pollen and pets to dust and drugs – why do we react to them and how can we outsmart our sensitivities? While allergies can range from mild and annoying to sudden and life-threatening, most reactions are mild and home treatment can relieve many of the symptoms. Maryam Zarei, M.D., will discuss the many issues and challenges of allergies.

FEE: Free

To register, call The HealthSource at 800.628.2880 or visit www.pph.org.
As telecommunication – phones, TVs, radios, computers and the Internet – increasingly becomes a part of our everyday world, it’s no surprise that health-care providers at Palomar Pomerado Health (PPH) are using these technologies to provide medical care from a remote location for patients at home.

According to the American Telemedicine Association (www.atmeda.org), “telemedicine” is the use of medical information exchanged from one site to another via electronic communications to improve a patient’s health status.

“The beauty of telemedicine is that it helps decrease health-care costs by allowing patients who are at increased risk for hospitalization to remain at home and still be cared for by their physician,” says Elissa Hamilton, RN, MBA, director of Home Care at PPH.

To provide telemedicine for home care patients, PPH uses Viterion 100 TeleHealth Monitors with store-and-forward technology to relay vital sign measurements, personalized advice messages, customized questions and answers, scheduling reminders and alarms. Store-and-forward technology allows clinical data to be collected, stored, forwarded and interpreted at a later time, which eliminates the need for the patient and physician to be available at the same time or place.

Nurses bring the monitor to the patient’s home and customize it on-site to create a program that reflects the individual patient needs based on the physician’s treatment plan. The monitor uses normal phone lines to transfer information to a secure Internet site for review by caretakers.

“Patients with chronic illnesses such as pulmonary disease, congestive heart failure and diabetes can really benefit from using these monitors,” says Hamilton. For example, a patient with diabetes can have personalized parameters established that set off red flags if the blood glucose level changes.

“The monitor actually ‘talks’ to the patient and is very user-friendly,” says Hamilton. “A typical treatment plan entails keeping the monitor at home for 60 days to track vital readings every day. Our hope is that daily monitoring will become a habit for the patient and increase long-term compliance.”

Research supports a theory that 21 days makes a habit, meaning that if a patient follows a certain monitoring or treatment plan for at least 21 days, he or she is more likely to continue that plan in the future. Patients are encouraged to buy a blood pressure cuff, scale or glucometer or other recommended tools they need for continued self-monitoring. They are also taught to maintain manual charts, so as to continue with their changed lifestyle after the telemonitor is removed.

Health-care providers also benefit from telemedicine for home-care patients. The monitor is a cost-saving tool that supplements in-home visits with frequent monitoring so physicians can determine the need for early intervention, reinforce patient self-care, prevent emergency department visits, and send nurses for home visits where they are most needed.

Physicians can access their patients’ data 24/7 via the Internet from any location. The data is highly encrypted to comply with HIPAA patient privacy regulations, ensuring the safety and security of patient information.

“The equipment practically pays for itself if it prevents just one hospital stay for a patient,” says Hamilton. Federal and private health insurers are beginning to cover some telemedicine services as more and more health-care providers adopt the technology.

“Although nothing can replace face-to-face consultations, telemedicine can greatly enhance the patient-physician relationship, especially when distance and transportation are a problem,” Hamilton says.

For more information about telemedicine and PPH Home Care, call 760.796.6800 or visit www.pph.org.
In recognition of the safety, efficiency and overall positive results of bariatric surgery (gastric bypass) at Pomerado Hospital, the bariatric surgery program has been designated a Center of Excellence by the Surgical Review Corporation (SRC). The SRC administers the Center of Excellence accreditation program for the American Society for Bariatric Surgery (ASBS). As of January 2007, there were 213 bariatric surgery centers of excellence nationwide, with 19 designated centers in California.

More than 2,850 bariatric surgical procedures have been performed at Pomerado Hospital since 1991. Charles Callery, M.D., and Kyle Potts, M.D., are board-certified general surgeons who specialize in laparoscopic obesity surgery.

“Our surgical record meets or surpasses national benchmarks,” says Dr. Callery, medical director of the program. “We have a high volume practice, which contributes to better outcomes. For instance, our mortality rate of 0.3% equals the best large published studies.”

“The Center of Excellence designation confirms the quality of care we provide,” says Dr. Potts, chair of the Pomerado Hospital Department of Surgery. “The evaluation process was valuable in that we learned a lot and worked closely with nurses and other hospital staff to develop and educate them about standardized patient care protocols which has resulted in improved efficiency.”

The Center of Excellence designation was received last November, following an extensive application process and on-site validation of the program at Pomerado Hospital by the ASBS/SRC. All aspects of the program’s surgical processes were closely examined and data on health outcomes was collected. Pomerado Hospital now participates with other bariatric surgery centers of excellence nationwide in sharing information on clinical pathways, protocols and outcomes data that will assist in continuous quality improvement.

“The Center of Excellence program for bariatric surgery began in 2005 and provides physicians, their patients, medical groups and the insurance industry with a means of knowing which bariatric surgeons have met the strict standards set by the ASBS,” says Dr. Potts. “The designation assures that we have an integrated program that meets the needs of patients before, during and after bariatric surgery.”

“As the first Center of Excellence within Palomar Pomerado Health, the bariatric surgery program provides a model for integrating and coordinating patient care between other specialties and the hospital,” says Dr. Callery.

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.

Exercise
Get Fit and Stay Strong
OASIS
Tuesdays and 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, weights and the stability ball to increase your bone density, core strength, endurance and balance – all while you’re having fun! 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.

Westfield Walkers
Westfield Shoppingtown North County
Tuesdays and Thursdays
8:30 a.m.
Did you know that walking is a great form of exercise to improve your cardiovascular health, respiratory health and muscle tone? Get your feet moving with Westfield Walkers, a free walking fitness program co-sponsored by Palomar Pomerado Health and designed for people of all ages. Walkers meet near the information booth on the lower level for a group warm-up session followed by a walk at your own pace. Registration is not required.

Westfield Walkers Anniversary Breakfast
Westfield Shoppingtown, North County
2nd floor conference room
Tuesday, May 24
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 Jay Byers, walking program facilitator. Bring a friend! Door prizes and breakfast available, and it’s all FREE. To register, call The HealthSource at 800.628.2880.
Ginny Baldwin has always loved that quote by the former first lady, but she had no idea how often she would wind up demonstrating to her friends and family just how tough a survivor she is.

After successfully battling two bouts of cancer as a younger woman, Baldwin suffered a terrible accident in October 2006. The 66-year-old fell into a small ditch outside her home while reaching for her cat in the dark. Knocked unconscious alongside of her mobile home in Lawrence Welk Village, Baldwin believes she might have died in the dark, cold night. Fortunately, she regained consciousness around midnight and pressed the Lifeline alert button around her neck. It summoned her neighbors, and ultimately, the paramedics.

Lifeline is a 24-hour personal monitoring system that consists of a communicator box hooked up to the phone line, and a personal help button worn on a waterproof pendant or wristband. When the help button is activated, the Lifeline Response Center responds within seconds by dispatching assistance.

“Lifeline offers reassurance for many elderly San Diegans who are not able to get to their phone in an emergency,” says Jennifer Allen, Palomar Pomerado Health Lifeline Representative. “If you need assistance, a Lifeline monitor will call for the right kind of help by dispatching an ambulance or simply asking a neighbor to look in on you.”

“My sons, who live in the Bay Area, urged me to sign up for Lifeline when my husband passed away,” says Baldwin. “I thought it was a frivolous idea and far too expensive, but it’s proved to be anything but that.”

Baldwin qualified for a Lifeline “scholarship” funded by an anonymous benefactor. The donor pays one-third of the cost, Baldwin pays one-third and PPH matches the remaining one-third. During the last quarter of 2006, Palomar Pomerado Lifeline received donations from the Senior Resource Association, the San Marcos Rotary club, The Diamond Gateway Women’s Organization and a private donor.

“These donations have made it possible to provide the Lifeline service to people who are at risk and could not otherwise afford the service,” Allen says. “Imagine if Ginny had not had Lifeline the night of her fall!”

Nearly 650 current subscribers in the PPH district live more securely because of the Lifeline Personal Response Service. The cost is $75 to activate and $39 per month on a month-to-month basis.

Order Lifeline today and take advantage of free installation through May. For more information, call Jennifer Allen at 858.675.5371.

**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, caregivers or anyone who is preparing to help others in distress but does not need certification.

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

**HeartSaver AED**

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: $50 / participant

**Expanded Life Support Courses**

**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

**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.

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

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“A woman is like a teabag…you never know how strong she is until she gets in hot water.”

– Eleanor Roosevelt

Lifeline Alert System Provides 24-hour Assurance

Lifeline monitor will call for the right kind of help by dispatching an ambulance or simply asking a neighbor to look in on you.”

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Palomar Pomerado Health (PPH) is strongly committed to providing the highest quality of care and the safest environment for its patients, families, visitors and staff. Your involvement is essential in achieving this goal through partnering with PPH and your health-care professionals.

“Providing safe patient care is the foundation of the quality programs at PPH,” says Opal Reinbold, PPH Chief Quality Officer and a Patient Safety Fellow for the 2006 – 2007 Health Education and Research Trust. “We are continuously seeking out best practices for safe patient care nationally, regionally and locally. Through planning for the hospital of the future, implementing advanced technology to support safe patient care, and “hardwiring” safety into every patient interaction, we are creating a platform for our patients to work with us in assuring their safety and the quality of their care.”

The National Patient Safety Foundation (NPSF) and the Agency for Healthcare Research and Quality (AHRQ) suggests steps such as these to help make your hospital stay safer:

The single most important way you can partner with your physician and the hospital is to be an active member of your health-care team. That means taking part in every decision about your health care. Research shows that patients who are more involved with their care tend to get better results.

Take an accurate, updated list of your medications with you when you go to the hospital. Your doctors and nurses will need to know what you’re taking, then send your medicines home with your family. While you’re in the hospital, any medications you need will be provided by the hospital.

If your doctor prescribes medications for you to take while in the hospital, tell your doctor you want to know the names of each medication and the reasons you are taking them.

Before you take any medicine in the hospital, look at it. If it doesn’t look like what you usually take, ask why. It might be a generic drug, or it might be the wrong drug. Ask the same questions you would ask if you were in the drug store.

Do not let anyone give you medications without checking your hospital ID bracelet every time. This helps prevent you from getting someone else’s medications. Before any test or procedure, ask if it will require any dyes or medicines. Remind your nurse and doctor if you have allergies.

If you are in a hospital, consider asking all health-care workers who have direct contact with you whether they have washed their hands. Hand washing is an important way to prevent the spread of infections in hospitals. A recent study found that when patients checked whether health-care workers washed their hands, the workers washed their hands more often and used more soap.

If you are having surgery, make sure that you, your doctor, and your surgeon all agree and are clear on exactly what will be done. Rarely is surgery done on the wrong site. The good news is that wrong-site surgery is 100 percent preventable. Be sure you talk with your doctor.

Speak up if you have questions or concerns. You have a right to question anyone who is involved with your care.

Make sure you know who is in charge of your care, such as your personal doctor. This is especially important if you have many health problems or are in a hospital.

Make sure that all health professionals involved in your care have important health information about you. Do not assume that everyone knows everything they need to.

Ask a family member or friend to be there with you and be your advocate. (Someone to speak up for you if you can’t). Even if you think you don’t need help now, you might need it later.

Know that “more” is not always better. It is important and okay to ask good questions about why a test or treatment is needed and how it can help you.

If you have a test, don’t assume that no news is good news. Ask about the results.

When you are being discharged from the hospital, ask your doctor, nurse or other health-care professional to explain the treatment plan you will use at home. This includes learning about your medicines and finding out when you can get back to your regular activities.

Learn about your condition and treatments by asking your doctor and nurse and by using other reliable sources.

Resources:
Freda Palmer: Inspired by Changes in Her Life

At 102 years of age, Freda Palmer could be expected to be content to watch the world pass her by. But then, she didn’t get to be a “centenarian plus two” by being withdrawn.

In the early 1920s when she was just 18, Freda immigrated to the United States to escape the escalating problems of Nazi Germany. Later, her childhood sweetheart Karl Palmer joined her and they married. After living and working in New Jersey, the Palmers decided to retire in a new location and settled in Rancho Bernardo in 1969.

Avid swimmers, Freda and Karl built a pool at their new home and enjoyed swimming daily. They later moved to Casa de las Campanas retirement community in Rancho Bernardo. Karl passed away in 1992, but instructed Freda to continue living her years at the retirement community, because he knew that she would be well cared for by all of the staff. She continued to swim until she was 92. Today, she walks around her complex for about 30 minutes each morning and another 15 minutes in the afternoon.

With a century of memories to share, Freda gets most excited talking about the significant changes she has witnessed in her lifetime.

“Computers. Now that’s something I regret never having learned,” Freda says. “I feel very much behind the times, but when computers came along, I was older and didn’t have the opportunity to learn how to use them.”

Medicine is another advancement that impresses Freda. “The doctors are able to do such wonderful things to treat cancer today,” she says. “Medical care is always moving forward. There’s something new being developed and that’s really good.”

She relies on physicians associated with Palomar Pomerado Health (PPH) for her medical care. And, she is helping assure that PPH is able to continue advancing its medical care by offering new technology. Freda first donated to the PPH Foundation in 1994 and several years ago she added the Foundation as a beneficiary in her will. Within the last year, Freda has given generously to support the new Women’s Outpatient Services at Pomerado Hospital and Cardiovascular Services throughout PPH.

“I used to think that it was fine to leave my money for a good purpose to be used after I died,” Freda says. “But then I realized that I could get a lot of happiness from giving now because then I can see how I am making a difference.”

“I don’t feel old, but I know I’ve gotten to an old age,” Freda says. “For me the key has been to eat three meals at the same time each day, walking daily and not smoking or drinking except for a half glass of wine on holidays or my birthday. At my age, I am just taking it a day at a time, doing what I can do and listening to my body tell me how it feels.”

California Emergency Physicians Group Pledges Gift to New PPH Facilities

The California Emergency Physicians group has pledged $50,000 over the next five years to support the new facilities being developed by Palomar Pomerado Health (PPH).

“Our group is committed to helping PPH create an environment in which patients have rapid access to care,” says Jaime Rivas, M.D., medical director of PPH Emergency and Trauma Services. “We feel that the new medical center in Escondido, along with the expanded Pomerado Hospital, will provide better service to the community.”

California Emergency Physicians (CEP) was established in 1971 and signed its first contract with Palomar Medical Center (PMC) that year. CEP is the largest group of emergency physicians in the U.S., providing emergency department services and staffing for hospitals throughout California and in Arizona, Oregon and Georgia.

Invest in the healthy future of your family and your community! Please consider making a donation to the Palomar Pomerado Health Foundation.

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 760.739.2787 or visit www.pphfoundation.org.
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.