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Well Woman
Discover Unique Health-Education Classes Designed Just for Women
See Supplement Inside
Dear Friend of PPH,

In my nearly 40 years in the health-care industry, I personally have never seen so much change for the better in one organization. At PPH, we have the unique challenge of fulfilling the public’s mandate – to build the health system of the future. No other system, whether private or public, profit or non-profit, can make that claim – with one new medical center, two renovated hospital facilities, three new satellite health centers and, thanks to our partnership with Albertsons, two new retail medical clinics.

All of this will take continued focus on what’s important. It will take financial discipline. It will take all of us coming together. It will take money. This is why 2008 is the year of our capital campaign kick-off. Our goal is to raise $55 million over the course of five years. Our own employees have committed to raise $1 million.

We are looking forward to launching this monumental fundraising effort at our Night of Nights Gala on Saturday, June 7. You can find out more about this special evening, hosted by LaDainian and LaTorsha Tomlinson, on page 15 of this issue of The HealthSource.

I am excited about our future and our ability to engage the community in continuing our plans to build the health system of tomorrow and create what patients demand – ease of use, comfortable environments, advanced technologies – each of which complement the human touch, which can never, ever be replaced.

In Good Health,

Michael H. Covert, F.A.C.H.E.
President & Chief Executive Officer
Palomar Pomerado Health
PPH expresscare: Quality and Convenience You Can Depend On
Two new PPH expresscare walk-in health centers are now open inside Albertsons/Sav-on Pharmacy stores in Escondido and Rancho Penasquitos.

Signs of Stroke? Act F.A.S.T.!
May is National Stroke Awareness Month – do you know what to do if a brain attack occurs? Learn to recognize the symptoms and react quickly for the best outcome.

Women’s Center Extends Warm Welcome to the Community
More than 600 area residents visited the new Jean McLaughlin Women’s Center for its grand opening community event.

Robotic Hysterectomy: Back to Work in Two Weeks
Gynecologic Oncologist Dr. Kris Ghosh is using the da Vinci S HD Surgical System to perform hysterectomies and other gynecologic surgeries at Palomar Medical Center. Discover why patients are raving about the benefits of this advanced technology.

Men’s Health: Is It Time for Your Tune-up?
Gentlemen, do you take better care of your car than your body? June 9 – 15 is National Men’s Health Week. Learn what you can do to keep your engine running smoothly.

Supportive Health Services: Continuing Care at Home
Whether recovering from hip surgery or the birth of a baby, learn how PPH’s personal care assistants are helping patients to maintain independence at home.

House Calls
From shingles to the MRSA bug, PPH physicians answer your questions about today’s most interesting health topics.

PPH Named One of Five Best Places to Work in California

Night of Nights Gala
LaDainian and LaTorsha Tomlinson to host black-tie event benefiting cardiovascular services at PPH.
In addition to milk, bread and fresh produce, North County residents can now add some new items to their shopping list, like diabetes testing, school physical exams and treatment for a sprained ankle, to name a few.

Palomar Pomerado Health’s “PPH expresscare” walk-in health centers are now open inside of Albertsons/Sav-on Pharmacy stores in Escondido and Rancho Penasquitos. While still a relatively new concept in Southern California, retail health centers have opened across the country and are generally located within grocery stores, drug stores, large discount stores and strip malls.

From 9 a.m. to 9 p.m. Monday through Friday, 9 a.m. to 5 p.m. on Saturday, and 10 a.m. to 6 p.m. on Sunday, PPH expresscare is open to treat patients on a first-come, first-served basis, with no appointment necessary. As an added convenience, patients are offered pagers so that they may complete their grocery shopping, visit Starbucks or tend to their banking needs while waiting to be seen by a PPH expresscare certified family nurse practitioner. The pager is similar to those used by restaurants to let you know your table is ready.

During a visit that might last about 20 minutes, certified family nurse practitioners examine and treat patients, age two years and older. They address many common medical conditions such as strep throat, seasonal allergies, pink eye, ear infections, skin conditions, coughs and colds or minor injuries. Additionally, the PPH expresscare nurse practitioners administer select vaccines, provide health education, conduct school and sports physical exams and make referrals for follow-up care.

Improved Access

“I am passionate about improving access to health care,” says Kimberly Kerrigan, APRN-C, MSN, FNP, a certified family nurse practitioner who works part-time at both locations. “PPH expresscare retail health centers remove some barriers by making health-care services quick, accessible, affordable and convenient.”

Kerrigan, Monica Sprague, Tania Marek, Cristina Shoukry and Doris Asombrado are the regular family nurse practitioners who work in collaboration with the program’s three PPH affiliated board-certified family practice physicians: Donald Herip, M.D., MPH; Alejandro Paz, M.D., MPH; and Lawrence Koenig, M.D. All of the nurse practitioners are nationally certified in their advanced practice specialty as family nurse practitioners and all hold master’s degrees in nursing.

“We work under the direct supervision of the medical directors,” says Sprague, who works at the PPH expresscare location in Escondido. “This means we can prescribe medications for routine illnesses and order lab tests and X-rays. We cannot refill medications prescribed by other clinicians for chronic illnesses.”

“At PPH expresscare, I am able to treat medical problems while they are still relatively minor and connect patients to needed follow-up care,” Kerrigan says. “If they don’t have a primary care physician, we will refer patients to a PPH affiliated doctor or community clinic and provide appropriate information about other community resources.”

Patients receive a visit summary report, which includes the diagnosis, directions for follow-up care as needed and any medication information. The visit summary report will be sent to the patient’s physician, provided consent has been given. The report is sent within 24 hours of the patient’s visit to help assure that follow-up care is effectively coordinated with the primary care physician.

Continuity of Care

“Ensuring continuity of care is one of PPH expresscare’s primary goals,” says Stonish Pierce, M.H.A., manager for Clinical Outreach Services. Pierce, along with Sheila Brown, R.N., MBA, PPH chief clinical outreach officer; and Bob Hemker, PPH chief finance officer; worked to build a relationship with Albertsons/Sav-on Pharmacy and bring the expresscare concept to reality. “Through our deployment of an electronic medical record we currently have about 700 community-based physicians in the expresscare database, which enhances our ability to inform them in a timely manner,” added Pierce.

PPH expresscare serves everyone regardless of where they receive regular medical treatment or insurance status. The average charge for most services is $59. PPH expresscare accepts cash and major credit cards and is working with several health plans for network inclusion. Patients who are members of one of the contracted health plans will pay only the required co-pay at time of service.
“Our prices are transparent, which is something not regularly experienced in health care,” says Pierce. “When you go to a restaurant, the prices are listed on the menu so that you know exactly how much it will cost for your meal. Likewise, at PPH expresscare our prices are posted in the store, on our website, in informational brochures and further advised by the expresscare clinicians so that there are no surprises.”

“PPH has an excellent reputation as a top quality health-care provider and understands that good customer service is the key to success today,” says Sprague. “PPH expresscare is just one more way that PPH can provide outstanding service to the residents of our community.”

“This is an exciting new venture for Palomar Pomerado Health,” says Sheila Brown, R.N., MBA, chief clinical outreach officer. “We are the first health system in the state of California to be licensed as a hospital-based outpatient service center. This achievement further illustrates our ongoing commitment to improving access for basic health-care services, enhancing patient relationships with our affiliated physicians, and strengthening the continuum of care in North County.”

To learn more, visit www.pphexpresscare.org or call The HealthSource at 800.628.2880.

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### Pricing Menu

#### Common Illnesses
- Bronchitis: $59
- Colds and Flu: $59
- Conjunctivitis (Pink Eye) and Styes: $59
- Ear Infections: $59
- Laryngitis: $59
- Pharyngitis (Strep Throat): $59
- Seasonal Allergies: $59
- Sinusitis (Sinus Infections): $59
- Urinary Tract Infection: $59

#### Muscles and Joints
- Ankle Sprain: $59
- Mild Musculoskeletal Problems: $59
- Minor Injuries: $59
- Minor Knee Injuries: $59
- Minor Pain (Neck, Back): $59

#### Preventive Medicine
- School Physical Exams: $59
- Sports/Camp Physical Exams: $59

#### Screenings
- Blood Sugar/Diabetes Testing: $25
- Body Mass Index (BMI): $25
- Cholesterol: $39
- Hypertension (Blood Pressure): $25
- Pregnancy Confirmation: $39

#### Skin Conditions
- Acne: $59
- Animal Bites: $59
- Athlete’s Foot: $59
- Cold Sores: $59
- Contact Dermatitis (Poison Oak/Ivy): $59
- Impetigo (Minor Bacterial Infections): $59
- Insect Bites or Stings (Including Tick Bites): $59
- Lice/Scabies: $59
- Minor Burns: $59
- Minor Skin Infections and Rashes: $59
- Minor Sunburn: $59
- Ringworm: $59

#### Vaccinations
- Diphtheria, Tetanus & Pertussis (DTaP): $59
- Hepatitis A: $69
- Hepatitis B: $59
- HPV (Gardasil): $169
- Influenza: $29
- Meningitis: $110
- Measles, Mumps, Rubella (MMR): $65
- Pneumococcal: $49
- Tdap: $39
- Tetanus, Diphtheria (Td): $39
Check out the latest programs available and register today!

Heart Health
Cardiac Rehabilitation
Palomar Medical Center
Call 760.739.3566 for dates, times and fees. Medically supervised program for anyone recovering from a cardiac event.

Diabetes Health
Diabetes Related Neuropathy
OASIS
Wednesday, August 20
10:30 a.m. – Noon
Individuals with diabetes are at risk for developing chronic complications like nerve damage called neuropathy. Controlling blood sugar levels can delay or even prevent complications. Join Halle Elbling, M.S., R.D., Diabetes Educator, as she explains the symptoms of diabetic neuropathy, how to prevent it, and the areas of the body that are affected by this condition. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Diabetes Education
The HealthSource, San Marcos
Classes offered weekly.
Call 760.510.7377 for dates, times and fees. DiabetesHealth 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.

Lung Health
Kick the Habit: Smoking Cessation
Palomar Medical Center, Education Classroom
Eight-week series
Wednesdays, May 14 – July 2
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.

Did you know that stroke is the third leading cause of death in America and the number one cause of adult disability? The good news is that 80 percent of strokes are preventable, if you act F.A.S.T.!

A stroke or “brain attack” occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. When either of these things occur, brain cells begin to die and brain damage occurs.

“When brain cells die during a stroke, abilities controlled by that area of the brain are lost,” says Barbara Buesch, R.N., district stroke coordinator at Palomar Pomerado Health. “These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.”

Someone who has a small stroke may experience only minor problems such as weakness of an arm or leg. People who have larger strokes may be paralyzed on one side or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

The stroke units at Palomar Medical Center and Pomerado Hospital are well equipped to care for stroke patients. A stroke team is immediately summoned to care for suspected stroke patients arriving to the Emergency Department (ED). They are then evaluated by an ED physician and neurologist for appropriate treatment such as thrombolytic therapy (TPA). Nurses have received expanded education to care for the special needs of stroke patients, and extensive inpatient and outpatient rehabilitation services are available for the best possible recovery. For more information on stroke care at Palomar Pomerado Health, call The HealthSource at 800.628.2880.

Signs of Stroke? ACT F.A.S.T.!

F = Face
Ask the person to smile. Does one side of the face droop?

A = Arm
Ask the person to raise both arms. Does one arm drift downward?

S = Speech
Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

T = Time
If you observe any of these signs, it’s time to call 9-1-1.
A perfect fit for women.

Slip into a health-care experience that’s as comfortable as your favorite pair of jeans. The new Jean McLaughlin Women’s Center for Health and Healing combines the most advanced technologies for diagnosis and treatment, with personalized, compassionate care provided in a peaceful, healing environment. Our physicians and healthcare professionals specialize in a wide range of services for women of all stages of life, including:

- Comprehensive Breast Center
- Heart, Bone and Bladder Health
- Stroke Prevention
- Diabetes Prevention
- Perinatal Testing Center
- Lactation Consultation
- Wellness Center
- Nutrition & Weight Management
- Women’s Health Education
- Women’s Health Connection Boutique and Resource Center

To learn more, visit www.pph.org/women or call 800.628.2880.

Women’s Center Extends Warm Welcome to the Community

The new Jean McLaughlin Women’s Center for Health and Healing opened its doors for business in January and commemorated the occasion with a dedication ceremony on January 16, followed by a community open house on February 9. More than 600 area residents stopped by to enjoy the festivities. Free tours of the new facility are still available. Please call 858.613.6120 for more information.

1. PPH administrators, physicians, staff and donors gather for the official ribbon cutting of the new Jean McLaughlin Women’s Center.

2. PPH President and CEO Michael Covert (right) share a smile with friend and donor Matt McLaughlin. The Center is named for Mr. McLaughlin’s late wife, Jean.

3. Many guests took advantage of free blood pressure, blood glucose and body composition screenings.

4. Children enjoyed clowning around with face painting and balloon art.

5. A new mom checks out the Women’s Health Connection Boutique and Resource Center.

When I heard about this brand new way of doing a hysterectomy and that I would be back at work in two weeks, I was all for it,” says Yvette Casaus of Spring Valley.

“I was first told I needed this surgery about five years ago, but I waited because I couldn’t be away from work for six weeks,” Casaus says. “I wasn’t crazy about the surgery until Dr. Ghosh told me about the da Vinci way of doing it.”

Kris Ghosh, M.D., is a board-certified obstetrician/gynecologist and gynecologic oncologist, and a specialist in treating women’s cancer and laparoscopic surgery. Since last fall, Dr. Ghosh has used the newest generation da Vinci S HD Surgical System to perform hysterectomies and other gynecologic surgeries at Palomar Medical Center (PMC).

“We have the best da Vinci available anywhere, with the clearest and closest view of the surgical area,” says Dr. Ghosh, director of robotic surgery at Palomar Medical Center. “I can see much better than with traditional laparoscopic surgery due to the excellent magnification and high definition capabilities of da Vinci.”

Dr. Ghosh’s patients have ranged in age from 32 to 94-year-old Catherine Estes, who had endometrial cancer removed in a two-hour procedure. “I can’t get over the three little incisions that were fastened with band aids and how there was absolutely no pain,” she says.

Causa had surgery at PMC on January 15. “The da Vinci is big and looks like a huge tarantula with these arms sticking out,” Casaus says. While the surgical team surrounded her during the half-hour surgery, Dr. Ghosh was positioned at a nearby console where he directed the movement of the state-of-the-art instruments that are attached to the arms. (See photos to left.)

Dr. Ghosh made five dime-sized incisions into her abdomen. Operating computerized controls, he carefully directed a camera and surgical instruments through those openings. Sitting at the console, he had a birds-eye view of the surgical area that can be magnified 10 times and was able to move the instruments a full 360 degrees around delicate tissue.

“With the robotic technology there is far less tissue damage and, therefore, less blood loss which leads to quicker recovery, less pain and other important patient benefits,” Dr. Ghosh says.

Causa was discharged two days later and says she felt like herself within a few days. She returned to work as a coordinator for a general contractor two weeks later.

“If I had been given the choice of laparoscopic surgery at a hospital near Spring Valley or the robotic surgery I had at Palomar Medical Center, I would choose Palomar even though it is further from my home,” Casaus says. “The distance is nothing compared to the benefits of this type of surgery.”

“If a woman has been told she needs a hysterectomy, I hope she will take the time to become fully informed of the advantages of da Vinci compared to laparoscopic surgery and especially conventional open surgery,” Dr. Ghosh says. “Ask lots of questions and choose the best option for your personal health.”

To learn more about robotic surgery at PPH, visit www.pph.org/davinci or call The HealthSource at 800.628.2880.

For most women, da Vinci Surgery offers numerous potential benefits over traditional surgical approaches, including:

- Shorter hospital stay
- Smaller incisions
- Less pain
- Less risk of infection
- Less blood loss
- Less scarring
- Faster recovery
- Quicker return to normal activities

MEET SEYMOUR!

The da Vinci surgical robot at Palomar Medical Center (PMC) has a new name. “Seymour” was the winning name submitted by John Carver of Escondido during our online “Name the Robot” contest. Carver is pictured here with Seymour and members of the Operating Room team at PMC. “This robot helps the surgeon to “see more” so I thought the name was very appropriate,” says Carver. “I am honored that it was selected.”

ROBOTIC HYSTERECTOMY:
Back to Work in Two Weeks
In addition to the following gynecologic procedures, the da Vinci robotic surgical system is also being used for general and urologic surgeries at Palomar Medical Center.

**Hysterectomy**
While hysterectomy may offer a life-saving treatment for serious conditions such as cancer or uncontrollable bleeding, it is often an elective procedure used to relieve chronic pain or bleeding.

Uterine fibroids (noncancerous masses) are the leading reason for hysterectomy (removal of the uterus) in the United States. Not all women with fibroids experience symptoms, which include excessive menstrual bleeding, pelvic pain and infertility. An estimated 600,000 hysterectomies are performed in the United States annually, and at least one-third are for fibroids.

**Myomectomy**
This procedure removes uterine fibroids while leaving the uterus intact. About 65,000 myomectomies are performed annually in the United States.

**Pelvic Floor Prolapse Repair**
More than 120,000 cases of uterine and vaginal vault prolapse are surgically corrected annually in the U.S. Prolapse or falling of the vagina, uterus, bladder or rectum is caused by weakened connective tissues that accelerate with age or occurs after child birth, with weight gain and strenuous physical labor. Pelvic organ prolapse may cause urinary incontinence, vaginal ulceration, sexual dysfunction and/or difficulty having a bowel movement.

Sacocolpopexy is the surgical procedure that corrects vaginal vault prolapse. In this procedure, surgical mesh is used to hold the vagina in the correct anatomical position.

### Cancer Classes

#### I Can Cope
**Palomar Medical Center, Education Classroom**
- **Six-week series**
- **Tuesdays, Sept. 16, 23, 30, Oct. 7, 14, 21**
- **2 – 4 p.m.**

Oncology nurse Cathy Blazek 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 760.739.3943.**

**FEE:** Free

#### Look Good, Feel Better
**Palomar Medical Center, Education Classroom (Bilingual)**
- **Monday, July 28**
- **5 – 7:30 p.m.**

**Jean McLaughlin Women's Center, Education Classroom**
- **Monday, June 23**
- **1 – 3:30 p.m.**
- **Monday, Aug. 25**
- **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 800.227.2345.**

**FEE:** Free

#### Women's Recurrent Cancer Support Group
**Jean McLaughlin Women's Center, Education Classroom**
- **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

#### Rebound: Renewing Healthy Living after Breast Cancer
**Jean McLaughlin Women's Center, Education Classroom**
- **Seven-week series**
- **Tuesdays, Aug. 26; Sept. 2, 9, 16, 23, 30; Oct. 7**
- **10 a.m. – Noon**

A new FREE series of classes for women who have been diagnosed with breast cancer. Topics include breast cancer and treatment, nutrition, fitness, stress reduction, cosmetic options following mastectomy/chemotherapy, sexuality following treatment and more. Open to patients, female family members and friends. **To register, call 858.613.6044.**

**FEE:** Free

### Wigs & Wig Products

Wigs and wig products are available at competitive prices from the PPH Cancer Resource Centers and the Women’s Health Connection Boutique.

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<thead>
<tr>
<th>PPH Cancer Resource Centers</th>
<th>Women's Health Connection Boutique</th>
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<tbody>
<tr>
<td>858.613.4044 (Poway)</td>
<td>858.613.6110 (Poway)</td>
</tr>
<tr>
<td>760.739.3943 (Escondido)</td>
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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
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.

Gentlemen, do you take better care of your car than you do your body? Research shows that men generally do not see a doctor for a physical exam nearly as often as women. 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. Many men will wait until something is terribly wrong, then they reluctantly go. Does this sound like you?

“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.

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 700 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment. You can also visit us online at www.pph.org. Simply click on “Find a Doctor.”

Palomar Pomerado Health is proud to be affiliated with the following medical groups, as well as numerous physicians in independent practice:

Finding the Right Doctor is Easy at PPH

Men’s Health: Are You Due for a Tune-Up?

Gentlemen, keep your body’s engine running smoothly! To request your free wallet size copy of the “Men: Get it Checked!” checkups and screenings maintenance schedule, visit www.pph.org/men.

The major preventable health risks for men are:

- Smoking
- Alcohol abuse
- Obesity
- Sedentary lifestyle
- High blood pressure
- High cholesterol
- Sun exposure without sunscreen protection

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 awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

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.
Whether recovering from hip surgery or the birth of a baby, having the support of experienced personal care assistants can help patients maintain independence at home safely and comfortably. Palomar Pomerado Health’s (PPH) Supportive Health Services offers comprehensive in-home care 24 hours a day to North County residents who need assistance with their activities of daily living.

“Our program is the only hospital-based, non-medical, in-home supportive services entity in the county,” says Tara Pardo, program manager for Private Home Care and Supportive Health Services. “We provide about 7,000 supportive service hours each month.”

Personal care assistants and clients are matched for compatibility by considering personality, as well as physical and mental needs. Strong relationships often develop.

“Supportive Health Services staff members work very closely with PPH’s Home Health Care Services team,” says Pardo. “We strive to keep our clients safely in their home by providing a continuum of care throughout their recovery process."

“Our caregivers undergo rigorous screening,” says Pardo. “They are continuously supervised and required to complete continuing education. We are confident that we provide the highest quality personal care assistants in the county.”

Anyone can make a referral to Supportive Health Services and a physician’s order is not required, however care is coordinated with a client’s physician. Some long-term care insurance policies cover supportive services. PPH’s financial assistance program allows families to establish an account and make monthly payments for the services, without interest or late fees.

For more information, call 760.796.6860 or 888.595.4693.

Exercise and Weight Loss

Get Fit and Stay Strong

OASIS

Tuesdays and Thursdays

12:30 – 1:30 p.m.

Join Certified Exercise Instructor Traci Thys as she leads 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. New participants start at the beginning of each session.

May 6 – 29

FEE: $40 for 8 classes

June 3 – 26

FEE: $40 for 8 classes

July 1 – 31

FEE: $50 for 10 classes

Note: No classes in August

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

Community Conference room, 2nd level

Thursday, May 29

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. Special guest speaker Clifford Wolf, DPM, will discuss “Taking Care of Your Feet, One Step at a Time.” To register, call The HealthSource at 800.628.2880.

FEE: Free

Weight Loss Surgery Seminar

Pomerado Hospital

Monthly, 1st Monday and 3rd Wednesday

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 Pomerado Hospital. Reservations are required. For more information, or to reserve a space at the next seminar, please call 858.675.0883.
SHINGLES:
**Painful Reminder of Chicken Pox**
Shingles is a painful rash that occurs in people who previously had chicken pox. The virus lies dormant near nerve roots in the body for years. When the immune system becomes compromised, the virus can reactivate and cause a painful rash. Shingles may occur in 10 to 20 percent of the population, with older people being more susceptible. Shingles-related pain can be intense and may last for weeks or months after the rash disappears. The vaccine – Zostavax – is approved for adults 60 years and older.

Q: Should my grandmother get the shingles vaccine I keep hearing about?
A: This vaccine is being heavily promoted and, while I am informing my patients about its benefits and risks, I am not recommending it across the board,” says Jill Cottel, M.D., who is board-certified in both internal medicine and holistic medicine.

“A study involving 38,000 individuals showed that the absolute risk reduction of the vaccine is 1.7 percent, which needs to be weighed against the risks. We don’t know if it remains effective past four years. It can’t be given to anyone who is immune-compromised or takes steroids.

“I personally believe that there are safer, more natural ways to boost your immune system, which is what this vaccine does. This includes assuring that you eat well-balanced, nutritionally sound meals and that you exercise regularly and take steps to reduce stress.”

MRSA:
**Drug Resistant Infection Raises Concerns**
The antibiotic methicillin was introduced in 1960 to fight Staphylococcus bacteria that were becoming immune to penicillin. Eight years later, MRSA (methicillin-resistant Staphylococcus aureus) infection was first documented in the U.S. Until the late 1990s, MRSA was found only in health-care facilities. More recently, community-acquired MRSA has been noted in schools, gyms and prisons. It results in skin and soft tissue infections.

Most experts agree there are two primary causes: overuse of antibiotics, which results in certain strains of bacteria becoming resistant to such treatment, and misuse in which the full course of antibiotic treatment is not completed. This weakens the bacteria but does not eradicate it.

The media has dubbed MRSA the “superbug” because it is resistant to broad-spectrum antibiotics typically prescribed to treat infections.

Q: What are the symptoms of a MRSA infection? When should I see a doctor?
A: “The concerns are real and it’s important to be aware of MRSA, which is being found in young, healthy people who you wouldn’t typically expect to contract such an infection,” says Roger Schechter, M.D., Medical Director of PPH’s Wound Care Centers.

“While anyone can get a staph infection, it’s easy enough to minimize risk by washing your hands frequently. And, it can be effectively treated with the correct antibiotics.”

“The most common manifestation of MRSA is a skin infection that appears suddenly and with no remembered injury,” says Steve Kuriyama, M.D., a board-certified infectious disease physician. “The sore often starts as a small red bump and may spread rapidly. See your health-care provider if you have skin lesions that are painful, persistent or accompanied by fever or chills.”

Q: How can I protect myself, my family?
A: “Routine hand washing is the most effective way to fight infection,” says Joyce Agorrilla, R.N., PPH Infection Control Nurse. “Carry alcohol-based hand sanitizer gel with you and give your children packaged antiseptic hand towels to use at school or the gym.”

“If someone in your family has MRSA, it’s important to be careful but it isn’t necessary to isolate that person,” Dr. Schechter says. “Using separate towels and bathrooms and being especially careful about personal hygiene will minimize your risk significantly.”

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Do you have a question for HOUSE CALLS?
Visit [www.pph.org/housecalls](http://www.pph.org/housecalls) to submit your inquiry. Selected questions will be answered by Palomar Pomerado Health physicians in future issues of The HealthSource magazine.

What’s on your mind?
General Health

Relieving Arthritis Pain – Naturally
OASIS
Thursday, May 22
10:30 a.m. – Noon
Tired of dealing with the pain and discomfort of arthritis? Want to avoid the potential harmful side effects of medications? Join Matt Alavi, L.Ac., Dipl, OM for an informative discussion on achieving pain relief from arthritis naturally. Learn strategies that can help eliminate pain, restore function and improve quality of life. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Asthma Screening
Pomerado Hospital, Front Entrance
Wednesday, May 28
10 a.m. – 3 p.m.
May is Asthma Awareness Month. Mark your calendar to receive a FREE screening by allergy specialist Maryam Zarei, M.D. Walk-ins are welcome, no registration required.
FEE: Free

Overcoming the Bladder Blues
OASIS
Wednesday, June 11
10:30 a.m. – Noon
Are you struggling with the embarrassment and discomfort of a bladder control problem? There are several lifestyle modifications and medical therapies that can help with urinary incontinence. Join urologist Paul Neustein, M.D. as he discusses risk factors, symptoms and treatment to help you cope. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Oh, My Aching Feet!
OASIS
Wednesday, June 25
10:30 a.m. – Noon
From heel to toe, your feet bear tremendous pressures from daily living and are more subject to injury than any other part of your body. They also often carry the first signs of systemic diseases such as diabetes, arthritis, circulatory disorders and kidney problems. Dr. Philip Wrotslavsky, podiatrist, will discuss common foot problems, prevention techniques and treatment options. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Recognizing Depression in Seniors & What to Do About It
OASIS
Wednesday, July 9
10:30 a.m. – Noon
Many elderly individuals face difficult changes such as the death of a spouse or medical problems. These issues can lead to depression, especially in those without a strong support system. Join Karen Sommerfeld, Ph.D., as she explores the signs and symptoms of depression along with risk factors, prevention, treatment, seeking help and much more. To register, call OASIS at 760.432.0635.
Fee: $3 / participant

Shingles Overview
OASIS
Wednesday, July 23
10:30 a.m. – Noon
Shingles is a viral infection of the nerve roots that can be very painful. But what causes shingles? What are the symptoms? How is it treated? What about the vaccine? Join Jill Cottel, M.D., as she answers these questions and more about this perplexing infection. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Pain Management
OASIS
Wednesday, August 6
10:30 a.m. – Noon
Pain attacks the human body at every vulnerable target – muscles, bones and joints. Acute pain can last a moment, while chronic pain persists for long periods. Join pain specialist Christopher Chisholm, M.D., as he discusses pain management – from cause and proper diagnosis to treatment and coping. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Female Incontinence: Taking Control
Palomar Medical Center, Graybill Auditorium
Wednesday, August 27
6 – 7:30 p.m.
Are you struggling with the embarrassment and discomfort of bladder control problems? There are several modalities of treatment including urodynamics, oral medications and surgical procedures. Join Kris Ghosh, M.D., OB/GYN, as he addresses new and minimally invasive solutions to treat female stress urinary incontinence.
FEE: Free – registration required

Home Safety Fair
Palomar Medical Center, Graybill Auditorium
Thursday, June 12
5 – 7 p.m.
June is National Home Safety Month and Palomar Pomerado Health is hosting a FREE event designed to educate you about products and services to keep you safe and healthy in your home. Interactive exhibits will address harmful drug interaction, poison control, disaster preparedness, fall prevention, emergency response systems, child-proofing the home and more! Free health screenings will be provided on-site, including blood pressure, body composition and blood glucose. Door prizes will be awarded! To register, call The HealthSource at 800.628.2880.
FEE: Free
**PPH Named One of Five Best Places to Work in California**

The latest indicator that Palomar Pomerado Health (PPH) is the best place to work comes from the most recent award presented by Employers Group, the nation’s oldest and largest non-profit employer association dedicated to human resources management.

In February, PPH was chosen as one of the top five large employers within California as the “Best Place to Work” by Los-Angeles based Employers Group.

More than 400 companies participated in the two-part survey process that measured 125 different criteria. Finalists were selected based on performance in an initial assessment along with results from an employee satisfaction survey. Assessment dimensions included work-life balance; employee voice and workplace culture; community involvement; employee turnover; pay practices; benefits; perks and incentives; training; opportunity for advancement; and diversity.

“A blind-scoring system and a confidential, random sampling of employees were measured.

“When they presented the award to us, Employers Group recognized how our workforce rallied to help co-workers who were displaced by the 2007 wildfires and raised $80,000 to assist co-workers who lost their homes to the fires,” says Walter George, Chief Human Resources Officer.

“Being recognized as one of the best places to work in the state is a strong testament to the dedication and hard work of our physicians, nurses and employees at every level,” says Michael H. Covert, president and CEO of PPH. “It is our culture to embrace change, compassion, innovation and leadership.”

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**CPR & First-Aid Classes**

**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 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.

FEE: $40 / participant

**BLS for the Healthcare Provider**

This class provides CPR certification for the health-care professional, paramedic, lifeguard or nursing student.

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.

FEE: $40 / participant

**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

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**Blood Pressure SCREENINGS**

**OASIS**

2nd Monday of each month, Noon – 2 p.m.

Pomerado Hospital Lobby

2nd Tuesday of each month, Noon – 2 p.m.

Palomar Medical Center Lobby

1st Wednesday of each month, Noon – 2 p.m.

*Check your blood pressure regularly at no charge.*

**Women’s Health Connection Boutique and Resource Center**

Monday – Friday, Call 858.613.6110 for an appointment.

**Lifeline**

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

For more information about Lifeline, call 858.675.5371 or toll-free at 888.704.2774.

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**OASIS**

2nd Monday of each month, Noon – 2 p.m.

Pomerado Hospital Lobby

2nd Tuesday of each month, Noon – 2 p.m.

Palomar Medical Center Lobby

1st Wednesday of each month, Noon – 2 p.m.

*Check your blood pressure regularly at no charge.*
Join LaDainian and LaTorsha Tomlinson for the Night of Nights Gala, an evening benefiting Cardiovascular Services at Palomar Pomerado Health.

6 p.m.
Saturday, June 7, 2008
Hyatt Regency La Jolla
Tickets: $250 per person
Black Tie

For more information, please call 760.739.2787 or visit www.pphfoundation.org/gala.

Generous Gift
Establishes Honorarium for Nurse of the Year Recipients

“It means a lot to me to be able to establish this fund, which will be used to honor nurses who are the foundation of good quality care,” says Jerry Kolins, M.D., Medical Director of Laboratories and Associate Chief Medical Quality Officer.

Dr. Kolins, his brother Mark Kolins, M.D., and sister Joan Kolins, have made a generous donation to the Palomar Pomerado Health (PPH) Foundation to create the Roz and Len Kolins Nurse of the Year Award. Their initial gift of $55,000 endows this fund and makes it possible to provide, for the first time, an honorarium to the Nurses of the Year.

Each year, nursing units throughout PPH nominate their outstanding peers who best represent the highest quality of nursing care and leadership. Peer judging at the hospital and district-wide levels result in the selection of a Nurse of Year from Palomar Medical Center, Pomerado Hospital and PPH Clinical Outreach Services. The 2008 Nurses of the Year will be announced in May.

“We named the award for my mother and father who both died last year,” Dr. Kolins says. “My mother had Alzheimer’s disease and I felt very separated from her long before her death. She had taught me to love poetry. A few years ago, I recited to her a line from one of her favorite poems and she quickly responded with the next line. That was the last time I was able to connect with her.”

Dr. Kolins hopes that this gift will inspire others in the same way an earlier gift he made to the University of Michigan for a Transfusion Medicine Fellowship program has done. In the early 1980s, he borrowed $10,000 with a second mortgage to make the donation. A few years ago, he received a call from the university about his gift and learned that his donation inspired so many other people to follow his lead that the fund had been endowed into perpetuity.

“The lesson is that you never know what good you could be doing,” Dr. Kolins says.

To learn how you can contribute to the Roz and Len Kolins Nurse of the Year fund or other health programs supported by the PPH Foundation, 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.