Palomar Medical Center’s

Trauma Team

Rapid, Focused Care for Life-Threatening Injuries
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Dear friend of PPH,

It is my great pleasure to announce that we have received word from the American Nurses Credentialing Center (ANCC) that Palomar Pomerado Health (PPH) has become the first health system in California, and the only public health district nationally, to achieve Magnet Recognition.*

The Magnet Recognition Program was developed to recognize health-care organizations that provide nursing excellence. Only five percent of hospitals nationwide, and just a handful of health systems, have achieved this designation. For our valued patients, this honor provides the ultimate reassurance about the quality of care you can expect to receive from a PPH facility – measured not only against other organizations statewide, but nationally and internationally too.

PPH’s Magnet journey began in 2004 as a collaborative effort among our nurses, physicians, staff, administrators and volunteers. Five years later, following an extensive application, review and site visit process – including demonstration of excellence in 191 standards of care and submission of more than 3,500 pages of documentation – the Commission on Magnet voted unanimously to honor PPH with this esteemed designation.

I am so proud of our organization for going the distance to meet the demanding criteria required to achieve Magnet Recognition. This honor reinforces our commitment to provide the highest level of clinical care and compassion to every patient, every day.

We look forward to caring for you,

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

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.

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

SPECIAl FEATUrES

4 – 5 PMC’s Trauma Team: Saving Lives Every Day
Palomar Medical Center (PMC) is one of six designated trauma hospitals in San Diego County's coordinated trauma system. Learn how our team of experienced surgeons and medical professionals is ready at a moment’s notice to provide rapid, focused care for life-threatening injuries.

7 When a Stroke Strikes
Palomar Medical Center and Pomerado Hospital have been designated as Certified Stroke Centers by the Joint Commission on Accreditation of Health Organizations (JCAHO). Discover one man’s story of survival.

8 Keeping Families in Touch
Pomerado Hospital and Palomar Medical Center have implemented new paging and message board systems to help family members stay in touch with their loved ones receiving care.

9 2009 Women’s Week, May 11 – 14
Celebrate National Women’s Health Week at the Jean McLaughlin Women’s Center. PPH physicians and health professionals will provide FREE screenings, seminars information and giveaways on a variety of women’s health issues.

10 House Calls
From tanning beds to bone loss, PPH physicians answer your questions about some of today's hottest health topics.

13 Construction Corner
The “Hospital of the Future” continues to take shape as workers strive to complete its 12,500-ton skeleton by July. Get the latest construction news for the new Palomar Medical Center West.

15 Friends of the Foundation: Gladys Young
Meet Gladys Young, a supporter of Palomar Pomerado Health Foundation for more than 20 years.

15 2009 Night of Nights
Join LaDainian and Torsha Tomlinson for the second annual Night of Nights gala – an evening in support of Palomar Pomerado Health Foundation.

EDUCATION

2 – 3 Class Locations and Support Groups

6 – 14 Health Education Opportunities
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!

Arthritis & Osteoporosis
Mondays, May 18 and July 20
10 – 11:30 a.m.
Escondido Joslyn Center

Chronic Fatigue Immune Dysfunction Syndrome and Fibromyalgia Information Support Group
2nd Wednesday of each month, 1 – 3 p.m.
Pomerado Outpatient Pavilion, First Floor Education Classroom

Circle of Caring: Adult Bereavement Support Groups
Sponsored by The Elizabeth Hospice. Call 800.797.2050 for dates, times and locations.

Diabetes Support Group
2nd Tuesday of each month, 4:30 – 5:30 p.m.
120 Craven Road, Suite 207, San Marcos
3rd Tuesday of each month, 4 – 5:30 p.m.
Pomerado Hospital
Call 760.510.7377 for more information.

Mended Hearts Support Group: for Heart Disease Patients, their Families and Caregivers
3rd Saturday of each month, 10 – 11:30 a.m.
Palomar Medical Center
Call 619.477.7703 for more information.

Head Injury, Trauma and Spinal Support System (HITSS)
Every Saturday, 9 – 10:30 a.m.
Palomar Medical Center, 2nd Floor Café Conference Room
Call 800.986.4487 for more information.

Menopause Information & Support
Thursday, June 18, 12:30 – 1:30 p.m.
Thursday, August 20, 12:30 – 1:30 p.m.
Pomerado Outpatient Pavilion, First Floor Education Classroom

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

Women’s Cancer Support Group
2nd and 4th Tuesdays, 6:30 – 8 p.m.
Redwood Town Court, 500 East Valley Parkway
1st and 3rd Wednesdays, 10:30 a.m. – Noon
Pomerado Outpatient Pavilion, First Floor Education Classroom

Caregiver Support Group
1st Wednesday of each month
10 – 11:30 a.m.
Poway Adult Day Health Care Center
13180 Poway Road
Call 858.748.5044 for more information.
“When you work in trauma care, you have to be ready at a moment’s notice to give rapid, focused care to multiple, life-threatening injuries,” says John Steele, M.D., medical director of Palomar Medical Center’s Trauma Center.

The nature of trauma is that it is unexpected – and largely preventable, according to Dr. Steele who is a board-certified trauma surgeon. A traumatic event occurs every four seconds nationwide and is the leading cause of death among Americans under age 44.

Palomar Medical Center (PMC) is one of six designated trauma hospitals in San Diego County’s coordinated trauma system, which is considered a premier model throughout the country. PMC’s 2,204 square-mile trauma service area has more than 540,000 residents and reaches from southern Riverside County to Scripps Ranch and from the Anza Borrego Desert to the coast. Covering this diverse area means treating a broad range of traumatic injuries.

“We’ve seen it all and have taken care of all sorts of massive injuries,” Dr. Steele says. “We do save lives everyday.”

Last year, nearly 1,200 patients were treated at PMC’s Trauma Center, arriving by helicopter or ambulance. Approximately 93 percent of the patients are treated for blunt force injuries from automobile, motorcycle and recreational vehicle collisions. One-quarter of the patients had positive blood alcohol levels and 30 percent were under 26 years old. Nearly one-third of all trauma patients required surgery to repair injuries.

“Trauma is a surgical specialty, whereas emergency medicine is a medical specialty,” says Debra Byrnes, B.S.N., trauma program director. “Trauma results from outside forces while most emergency situations, such as a heart attack, are the result of a medical condition.”

Of growing concern is the increasing number of elderly patients suffering severe head injuries from falling in their home. Last year, 125 patients over age 65 were treated at PMC’s Trauma Center for this reason.

“If they are taking blood thinners, extensive internal bleeding may result, turning a common fall into a serious traumatic event,” Dr. Steele says. “We are concerned about this trend and have started community outreach to inform elderly patients how to prevent falls.”

Trauma Resuscitation Team

As a Level II Trauma Center, PMC must be staffed for immediate response. This requires having a trauma surgeon on site 24/7, with a backup trauma surgeon available if multiple trauma victims arrive simultaneously.

“First responders in the field activate the trauma response system, so our team is assembled even before the patient arrives. That
way, we save precious time and can start evaluation and treatment rapidly,” says Dr. Steele.

The Trauma Resuscitation Team includes the trauma surgeon, emergency physician, trauma nurse team leader, rapid response nurse, operating room nurse, trauma technician, chaplain and security staff. On call specialists are also promptly available.

“As a trauma hospital, PMC has specialists in every area, which elevates the standard of care hospital-wide, from surgery to radiology and from the lab to inpatient care units,” Dr. Steele says.

**Advances in Trauma Care**

“The CT (computed tomography) scanner is the best diagnostic tool we have because it provides very detailed, sequenced images of organs and bones to help us define the extent of internal injuries very quickly and accurately,” Dr. Steele says.

Another advancement credited with saving lives is the rapid infuser. “The rapid infuser is making a huge difference in our ability to stabilize critically injured patients who have lost a large volume of blood,” says Carol Gamble, R.N., trauma team nurse leader. “It delivers a liter of blood products, warmed to body temperature, within two minutes.”

**Trauma: A Preventable Condition**

“Prevention is the most effective way to treat trauma,” Dr. Steele says. “Most injuries are the result of poor choices, such as drinking and driving or not wearing protective gear when riding a motorcycle or ATV.”

PMC recently partnered with Poway High School, the Poway Fire Department and the San Diego County Sheriff’s Department to present an outreach program, “Every 15 Minutes,” which informs high school students of the dangers of drinking and driving. The key message was that every 15 minutes someone in this country is seriously injured or dies from an accident involving alcohol.

“I hope our education efforts make students realize that sometimes poor choices result in irrevocable consequences,” Dr. Steele says.

Despite such outreach efforts, the number of trauma cases continues to climb as San Diego County’s population grows. From 1984, when the countywide trauma system was established, to 2005, the number of trauma cases doubled, from 4,374 to 9,984. The good news – during that same time, the preventable death rate from major traumatic injury has fallen from 21 percent to less than one percent.

“We consistently strive to do better by evaluating our work internally and as part of the countywide trauma system,” says Byrnes. “By sharing data, we learn how to improve our standard of care, prevent complications and improve survival. We are proud of our work because we are saving lives every day and that makes a difference for our community.”

Since 1984, major trauma victims have been routed directly to designated trauma facilities throughout San Diego County, including Palomar Medical Center (PMC), which is responsible for the largest catchment area of patients. PMC is proud to celebrate 25 years of excellence with the San Diego County Trauma System.

**EVERY MINUTE COUNTS**

Having a trauma center nearby can truly mean the difference between life and death. Survival rates increase dramatically if effective surgical treatment is provided within the “Golden Hour,” the first 60 minutes following traumatic injury. Consider this recent example of a trauma patient treated at PMC:

- **17:40** Male patient arrives at PMC’s Trauma Center by ambulance. Field paramedics report patient was involved in motorcycle crash on Citracado Parkway at approximately 17:25.

- **17:42** Trauma Resuscitation Team assesses ABC (airway, breathing and circulation) and obvious external injuries. Multiple fractures are documented. Rapid infusion initiated to replace lost blood.

- **18:04** Patient is taken to CT Scanner for advanced imaging of injuries.

- **18:20** Trauma surgeon evaluates CT results – pulmonary contusions (bruising), multiple spine and pelvic fractures – and plans surgery.

- **18:26** Patient is taken to specialized trauma operating suite, where the surgeon performs an exploratory laparotomy to control bleeding by repairing liver and spleen injuries. Orthopaedic injuries are stabilized.

- **22:45** Patient is admitted to the Trauma Intensive Care Unit (TICU).

Three weeks later, the patient is moved to PMC’s Intermediate Care Unit. After another week, he is transferred to the Acute Rehabilitation Unit where skilled staff concentrate on preparing him to return home with the highest level of function possible. Just over a month after sustaining severe injuries, the patient returns home.

“This patient was very fortunate in that he wore a helmet, which helped prevent head injuries, and he was brought to our Trauma Center very soon after the crash,” Byrnes says. “Because of extensive injuries, he required at least four operations to repair multiple broken bones and severe injuries to his spleen and liver. He was a good save because he recovered and went home.”

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

Ladies, Take Care of Your Ticker!
Pomerado Outpatient Pavilion, First Floor
Monday, May 11
6 – 7:30 p.m.
Heart disease doesn’t have to be the number one killer of women. Join cardiologist Daniel Mulvihill, M.D., as he shares preventative tips for keeping your heart healthy and reducing your risk for cardiovascular disease and stroke. Content geared toward women, but appropriate for men too.
FEE: Free – registration required

Stroke: Signs & Prevention
Pomerado Hospital, Third Floor Conference Room
Tuesday, May 26
5 – 6 p.m. – FREE Stroke Assessment
6 – 7:30 p.m. – Seminar
Do you have a family history of strokes? Do you exercise regularly and maintain a healthy weight? If you answered “yes” to the first question and “no” to the other two, this class is for you. Barbara Buesch, R.N., will discuss risk factors and warning signs for stroke, as well as tips to help avoid stroke in the future.
FEE: Free – registration required

Hypertension: Prevention, Detection and Treatment
OASIS
Monday, June 1
10:30 a.m. – Noon
Hypertension, or high blood pressure, can seriously damage your body without signs or symptoms. Even when you feel fine, it’s important to have your blood pressure checked regularly to detect and treat increases early. Join Dr. Ving Yam as he discusses how to prevent, treat and deal with the potential consequences of hypertension. Plus, receive a FREE blood pressure screening 30 minutes before or after the class. To register, call OASIS at 760.432.0635.
FEE: $3 / participant

Diabetes Health

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.

Reducing Disease Risk through Diet
Pomerado Outpatient Pavilion, First Floor
Monday, May 11
Noon – 1:30 p.m.
Healthy eating practices can improve your physical well-being as well as reduce your risk for heart disease, diabetes and stroke. Join Registered Dietitian Halle Elbling as she discusses nutritious dining for healthier living.
FEE: Free – registration required

Blood Pressure SCREENINGS
Check your blood pressure regularly at no charge.

OASIS
2nd Monday of each month
Noon – 2 p.m.
Palomar Medical Center Lobby
1st Wednesday of each month
9 – 11 a.m.
Pomerado Hospital Lobby
2nd Wednesday of each month
9 – 11 a.m.
Women’s Health Connection
Boutique and Resource Center
Monday – Friday
Call 858.613.6110 for an appointment.

Blood Glucose SCREENINGS
Check your blood sugar regularly at no charge.

OASIS
2nd Monday of each month
Noon – 2 p.m.
Palomar Medical Center Lobby
1st Friday of each month
11 a.m. – 1 p.m.
Pomerado Hospital Lobby
2nd Wednesday of each month
9 – 11 a.m.
Women’s Health Connection
Boutique and Resource Center
Monday – Friday
Call 858.613.6110 for an appointment.

Cathy Blazek, R.N.
Palomar Medical Center and Pomerado Hospital have been designated as Certified Stroke Centers by the Joint Commission on Accreditation of Health Organizations (JCAHO). The Joint Commission’s Certificate of Distinction recognizes hospitals that meet national standards and clinical practice guidelines designed to manage and optimize care.

“This certification validates the consistent high quality of care our team provides,” says Barbara Buesch, R.N., district stroke coordinator. “By complying with established evidence-based medicine guidelines, we are providing our patients with the best care for stroke and heart attack.”

A coordinated stroke team response starts when paramedics assess a patient in the field, continues through the initial diagnosis and treatment in the Emergency Department, and throughout inpatient hospital care and outpatient rehabilitation services. Team members include the paramedics, emergency physicians and staff, a neurologist, stroke certified nurses, rehabilitation therapists and staff from radiology, laboratory services and pharmacy.

For Bill and Suzanne Van Horn, Palomar Medical Center’s (PMC) designation as a Primary Stroke Center simply attests to the quality care he received following an acute stroke on January 30.

“I had no warning and had never been told I was at risk for a stroke,” Bill says. After picking up the morning paper from the driveway as he does every day, Bill suddenly felt something go wrong. “Things started spinning and my arm felt weak. I figured it was a stroke and asked my wife to call 911.”

The paramedics arrived and transported Bill to PMC within 30 minutes of his first stroke symptoms.

“When we arrived at the Emergency Department, everyone was ready to help me,” Bill says. “Everyone was so focused and experienced, from the paramedics to the emergency physicians and staff and throughout my entire hospital and inpatient rehabilitation care.”

A CT scan showed that Bill had suffered an ischemic stroke, which accounts for 80 percent of all strokes and is caused by a blood clot. In 1996, the U.S. Food and Drug Administration approved the use of tPA (tissue plasminogen activator), a thrombolytic agent that breaks up clots, to treat ischemic stroke within the first three hours after the start of symptoms.

“The doctor told me I was a good candidate for the clot-busting drug because I came to the hospital so quickly,” Bill says. “I told him to go for it because I wanted to live.”

Bill improved each day in the Stroke Unit and Acute Rehabilitation Unit before returning home in time to celebrate Valentine’s Day with Suzanne. He continues with outpatient rehabilitation services to strengthen his right arm and leg.

“I did not have any problems with speech or cognitive thinking, and I am getting stronger each day, thanks to the great care at Palomar and the clot-busting drug,” Bill says.

May is National Stroke Awareness Month, a time to educate the nation and spread awareness about stroke prevention, symptom recognition and recovery. In recent years stroke deaths have declined by 10,000 Americans. This year, the National Stroke Association hopes to continue to reduce stroke deaths by educating the public to recognize stroke symptoms, and to 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. |
Keeping Families in Touch

PPH Implements New Paging and Message Board Systems for Families

Silent, vibrating pagers and a coded message board are helping families stay in touch with their loved ones who are being treated in the Emergency Department or are having surgery at Pomerado Hospital. These systems are also in use in the surgical department at Palomar Medical Center.

Emergency Department pagers are similar to those used by restaurants to call you to an available table. They vibrate and light up to signal it is time to return to the Emergency Department.

Using the pager frees patients and family members to leave the immediate area to make phone calls, have a meal or walk outside and know they will not miss their turn to be seen.

“We give a pager to patients or a family member after they have been examined by the triage nurse,” says Joanne Barnett, R.N., director of Emergency Services at Pomerado Hospital. “The pagers provide great peace of mind for patients who know we can reach their family at a moment’s notice. The patient flow is not interrupted and this increases the number of patients we can serve. Staff and patients have had universal praise for this unique innovation.”

The pagers provide great peace of mind for patients who know we can reach their family at a moment’s notice.

A new message board in the surgical waiting area – similar to an arrival/departure board at an airport – keeps family members informed while their loved one is having surgery. It shows the time surgery starts, when the patient is taken to recovery and when the patient is ready to either go home or be moved to an inpatient care unit. The board maintains patient privacy by displaying a unique code number and the surgeon’s name.

“This new system helps us communicate more effectively and provides families with more information about the patient, which eases their concerns,” says Rhonda Wilson, R.N., Operating Room supervisor at Pomerado Hospital. “It works so well for us, I think every hospital should use this system.”

The automated system is integrated with PPH’s Electronic Medical Record system and replaces a manual tracking system that was previously used.

School, Sports & Camp Physicals

$25

What to Bring
• Appropriate Medical Exam Form
• Parent/Legal Guardian

Payment Options
• Cash, Check or Major Credit Cards

Details
• Services provided by Certified Family Nurse Practitioners
• No appointment necessary
• Most visits average 20 minutes
• Late evening and weekend hours

Albertsons/Sav-on Pharmacy
1509 E. Valley Parkway
Escondido, CA 92027

Albertsons/Sav-on Pharmacy
14340 Peñasquitos Dr.
San Diego, CA 92129

Monday-Friday
9 a.m. – 9 p.m.

Saturday
9 a.m. – 5 p.m.

Sunday
10 a.m. – 6 p.m.

May – August 2009 www.pph.org
## Monday, May 11

### “Make the Link: Diabetes, Heart Disease and Stroke”

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| Noon – 1:30 p.m. | “Reducing Disease Risk through Diet” – FREE SEMINAR!  
*Haile Elbling, R.D., Registered Dietitian and Diabetes Educator* |
| 1:30 – 5:30 p.m. | FREE Health Screenings, Ask-the-Cardiologist  
Enjoy a FREE chair massage and join us for complementary blood pressure, blood glucose, body fat composition and stroke risk assessment screenings. Cholesterol screening available for $15. Plus, Cardiologist Dr. Robert Stein will be available to answer your heart health questions. |
| 6 – 7:30 p.m. | “Ladies, Take Care of Your Ticker!” – FREE SEMINAR!  
*Daniel Mulvihill, M.D., Cardiologist* |

## Tuesday, May 12

### “Breast and Bladder Health for All Ages and Stages”

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| Noon – 1:30 p.m. | “Breast & Ovarian Cancers – Do Genetics Put You at Risk?” – FREE SEMINAR!  
*Kathleen Flores-Dahms, M.D., Radiologist  
Kay Kimball, R.N., Breast Health and Oncology Nurse* |
| 1:30 – 5:30 p.m. | FREE Health Screenings, Ask-the-Cosmetic Surgeon  
Enjoy a FREE chair massage and join us for complementary blood pressure, blood glucose and body fat composition screenings. Plus, lactation consultants will be available to answer questions about breastfeeding, while Dr. Mark Mofid will be on-site to discuss breast reconstruction, reduction and enhancement. |
| 6 – 7:30 p.m. | “GYN and Bladder Health – Taking Control” – FREE SEMINAR!  
*Sudabeh Moein, M.D., OB/GYN* |

## Wednesday, May 13

### “Bones and Hormones”

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| Noon – 1:30 p.m. | “Pause and Effect – A Closer Look at Menopause” – FREE SEMINAR!  
*Kay Bradshaw, P.A.C., Physician’s Assistant – Certified* |
| 1:30 – 5:30 p.m. | FREE Health Screenings, Ask-the-Internist  
Enjoy a FREE chair massage and join us for a complementary bone density heel screening! Free blood pressure, blood glucose and body fat composition screenings will also be provided. Plus, Internist Dr. Belinda Dure-Smith will be available from 3:30 to 5:30 p.m. to answer questions about menopause and osteoporosis. |
| 6 – 7:30 p.m. | “Outsmarting Osteoporosis” – FREE SEMINAR!  
*Elizabeth Salada, M.D., Internal Medicine. Visit Dr. Salada’s “Healing Sanctuary” during Women’s Week for special discounts!* |

## Thursday, May 14

### “Nurturing Your Mind, Body, Spirit and Skin”

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| Noon – 1:30 p.m. | “Integrative Medicine: Caring for the Mind, Body and Spirit” – FREE SEMINAR!  
*Sudabeh Moein, M.D., OB/GYN* |
| 1:30 – 5:30 p.m. | FREE Health Screenings, Ask-the-Cosmetic Surgeon  
Dermatologist Dr. Bryan Chen. Free blood pressure, blood glucose and body fat composition screenings will also be provided. Plus, Cosmetic Surgeon Dr. Munish Batra will be available to answer questions about surgical and non-surgical skin rejuvenation techniques. |
| 6 – 7:30 p.m. | “How Fit is Your Skin?” – FREE SEMINAR!  
*Nancy Chen, M.D., Dermatologist* |

## Class Registration

All 2009 Women’s Week classes are FREE, but registration is required. Each complementary screening will be provided on a first come, first served basis. To register for a class, call The HealthSource at 800.628.2880 or visit www.pph.org and click on “Classes and Events.”

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Visit the Women’s Health Connection Boutique during “Women’s Week,” May 11 – 15, and receive 10% off your total purchase. Offer not valid for pump rentals, with any other discount, or for previous purchases. Call 858.613.6110 for details.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Tanning Beds Not Worth Health Risks

Q: My daughter wants to use indoor tanning and says it could even help prevent sunburn. I’m not sure. What are the facts?

Nancy Chen, M.D.
Dermatologist
Escondido Dermatology

A: “You’re right to be concerned, because there is no such thing as a safe tan. Recent worldwide studies have found that people who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent over their lifetime. More than two million American teens visit tanning salons each year. Tanning salons use high-pressure sunlamps that emit doses of UVA that are as much as 12 times that of the sun. It is known that ultraviolet sunrays (UVA and UVB) contribute to and may cause skin cancers including basal cell carcinoma, which is rarely fatal, and squamous cell carcinoma. Melanoma is the most serious type of skin cancer and while it accounts for only three percent of all skin cancers, it causes more than 75 percent of all skin cancer deaths. While the incidence of many common cancers continues to decrease thanks to public awareness and early detection, the rate of melanoma continues to rise significantly. Prevention is very important and is as simple as using a full spectrum sunscreen of 30 SPF or greater (sun protective factor) everyday. Full spectrum sunscreen protects against both UVA and UVB sunrays. If you have been diagnosed with skin cancer, tint the windows in your car or home to reduce exposure to UV rays. Check your skin monthly, looking for changes in the size and shape of moles. If you are over age 50 and have a pimple-like spot for more than a month, see your dermatologist for an evaluation.”

Boning Up on Osteoporosis

Q: I’m 53 and my friend says I should have my bones scanned. My bones don’t hurt, so why should I have a bone density test?

Elizabeth Salada, M.D.
Internal Medicine

A: “A baseline bone density test is the most effective way to determine whether or not you have osteoporosis or porous bone. Such fragility increases the risk of fractures, especially of the hip, spine and wrist. All women should have a baseline bone density test at age 50. Younger women may need testing if they have early menopause for any reason, take certain medications that may cause bone loss, or have a history of unusual fractures or anorexia. The most accurate test is the DEXA scan, which provides an X-ray of the hip joint and spine and will help determine your risk of fracture. The test should be repeated every five years if you have normal results and more often if significant bone loss is identified. The key ingredients of maintaining bone mass are nutrition and exercise. Most women don’t consume sufficient calcium daily and, because of concerns about sun exposure, many have a deficient amount of vitamin D. It’s a good idea to check your vitamin D level as part of your next routine blood test. Vitamin D has been linked to mental well-being, muscle strength, restful sleep, memory retention and reduction of risk for certain cancers. I recommend taking a vitamin that combines calcium (1,500 – 2,000 iu) and vitamin D (800 iu) daily. Gravity exercises – where your feet touch the ground – such as walking or running, tennis or dancing are most beneficial.”

ABC’s of Skin Cancer Detection

• Asymmetry – Is the mole uniform in appearance, or is one half shaped differently from the other?
• Border – Does the mole have an irregular border?
• Color – Does the mole have uneven color?
• Diameter – Is the mole larger than a pencil eraser?
• Enlarging – Is the mole growing in size?

If any of the above apply to you, see your dermatologist for an evaluation.

The Jean McLaughlin Women’s Center for Health and Healing offers DEXA scans. A physician’s order is required. For more information, or to make an appointment, call 858.613.6120.
**General Health**

**Personal Safety Hints and Strategies for Seniors**

**OASIS**

Wednesday, May 20
10:30 a.m. – Noon

Join Helene Shaughnessy, Center for Community Solutions, as she explores awareness of environment, assertive communication and physical techniques to help keep you safe. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Tired of Being Tired?**

**Palomar Medical Center, Graybill Auditorium**

Thursday, June 18
6 – 7 p.m.

If you have difficulty falling asleep, snore, sleepwalk, awaken in the night, have morning headaches or are sleepy during the day – this class is for you! Join Benjamin Kanter, M.D., as he discusses warning signs and treatment options for sleep apnea, insomnia, narcolepsy and restless leg syndrome.

FEE: Free – registration required

**Skin Cancer Awareness**

**OASIS**

Wednesday, June 20
10:30 a.m. – Noon

Skin cancer affects one in five Americans, yet sun exposure is the most preventable risk. Join Dermatologist Bryan Chen, M.D., to learn more about skin cancer prevention and detection. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Advancements in Spine Surgery**

**Palomar Medical Center, Graybill Auditorium**

Monday, June 22
6 – 7:30 p.m.

Minimally invasive techniques are changing the face of spine surgery. With carbon fiber instruments, 3-D imaging, neuro-monitoring and CT guided imaging, exposure to radiation and surgery time are reduced. Join Neurosurgeon Mark Stern, M.D., as he discusses the latest in spine surgery.

FEE: Free – registration required

**Be Prepared: Plan Ahead for Medical Care**

**OASIS**

Wednesday, June 24
10:30 a.m. – Noon

Join Cathy Blazek, R.N., as she discusses the importance of making decisions about your medical care before you need it. Plus, learn about “Lifeline,” a medical alert service designed to summon help during a sudden illness or injury. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Kidney Stones: Cause, Prevention & Treatment**

**OASIS**

Wednesday, July 8
10:30 a.m. – Noon

Kidney stones can be as small as grains of sand or as large as golf balls. Join Osman Khawar, M.D., as he discusses the causes, symptoms, diagnosis, prevention and treatment of kidney stones. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Pain Management**

**RB Joslyn Senior Center**

Thursday, July 16
10:30 a.m. – Noon

Acute and chronic pain can attack the body at every vulnerable target – muscles, bones and joints. Join Pain Specialist Christopher Chisholm, M.D., as he discusses causes, diagnosis, treatment and coping. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Health Care on the Road: Tips for Worry-Free Road Trips**

**OASIS**

Monday, July 27
10:30 a.m. – Noon

Prepare for the unexpected as Linda Brown, R.N., reveals how to find a hospital in a strange area, what to do about prescriptions and what kind of health information you should have available for emergencies. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Oh, My Aching Feet!**

**OASIS**

Wednesday, August 5
10:30 a.m. – Noon

Feet are more subject to injury than any other part of the body. They also often carry the first signs of systemic diseases. Join Podiatrist Dr. Philip Wrotslavsky to learn about prevention techniques and treatment options. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Have You Heard The Latest?**

**Palomar Medical Center, Graybill Auditorium**

Tuesday, August 18
6 – 7:30 p.m.

Hearing loss can occur at any age as the result of heredity, noise, infections and injury. Some forms of hearing loss are temporary or correctable with medication or surgery. Others cannot be reversed, but effective treatments are available. Join Ear, Nose and Throat Specialist Michael Morelock, M.D., and Audiologist David Illich, Ph.D., for this informative discussion.

FEE: Free – registration required

**Chronic Respiratory Problems**

**Escondido Joslyn Senior Center**

210 East Park Avenue, Escondido

Thursday, August 20
10:30 a.m. – Noon

Chronic respiratory problems can be debilitating to daily life. Join PPH Respiratory Therapist Judy Glasser for this informative discussion. To register, call OASIS at 760.432.0635.

FEE: $3 / participant

**Longevity and Aging**

**San Marcos Community Center**

3 Civic Center Drive, San Marcos

Friday, August 21
6 – 7:30 p.m.

With simple changes, you can increase your chances of a longer life expectancy and healthier senior years. Join Camille Santos, M.D., and Manuel Tanguma, M.D., as they discuss making choices for a healthier future.

FEE: Free – registration required

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

Breast & Ovarian Cancers – Do Genetics Put you at Risk?
Pomerado Outpatient Pavilion, First Floor
Education Classroom
Tuesday, May 12
Noon – 1:30 p.m.
Approximately 5 to 10 percent of breast cancers and 10 to 15 percent of ovarian cancers are caused by an inherited tendency to develop these diseases. Join Radiologist Kathleen Flores-Dahms, M.D., and Kay Kimball, R.N., MSN, OCN, to learn more about hereditary breast and ovarian cancer, genetic testing, and options for women who test positive for the BRCA gene mutation.
FEE: Free – registration required

Cancer Support Group – New Diagnosis
Pomerado Outpatient Pavilion, First Floor
Education Classroom
Six-Week Series
Thursdays, May 21 – June 25
1:30 – 3 p.m.
Men and women facing a new cancer diagnosis are welcome and encouraged to join this support group led by Oncology Nurse Cathy Blazek, R.N., OCN. This unique offering provides the opportunity to address individual needs, share experiences, gain support from others and become connected to many available community resources.
FEE: Free – registration required

Look Good, Feel Better
Pomerado Outpatient Pavilion, First Floor
Education Classroom
Monday, June 22 or August 24
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 – registration required

I Can Cope
Redwood Town Court, Green House room
Six-Week Series
Thursdays, August 20 – September 24
1:30 – 3 p.m.
Oncology Nurse Cathy Blazek, R.N., OCN, 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 The HealthSource.
FEE: Free – registration required

Rebound: Renewing Healthy Living after Breast Cancer
Pomerado Outpatient Pavilion, First Floor
Education Classroom
Five-Week Series
Tuesdays, September 22, 29; October 6, 13, 20
10 a.m. – Noon
A 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 and their families.
FEE: Free – registration required

We’re Revolutionizing the Treatment of Tumors

Palomar Medical Center, in partnership with San Diego Radiosurgery, is one of the first hospitals in the country to treat cancer patients with the high-definition Novalis Tx™ Stereotactic Radiosurgery System. This powerful, non-invasive technology provides an advanced form of external beam radiation therapy that attacks hard to reach tumors quickly, painlessly and precisely in just one or a few sessions with no recovery time. To learn more, call 800.628.2880 or visit www.pph.org/srs.

Palomar Pomerado Health board-certified radiation oncologists and surgeons are specially trained to perform Novalis Tx procedures for a wide variety of disorders, including:

- Spinal tumors
- Lung tumors
- Liver tumors
- Prostate tumors
- Adrenal gland tumors
- Pancreatic tumors
- Progressive brain tumors
- Arteriovenous malformations (AVM)
- Cavernous angiomas
- Trigeminal neuralgia
- Intractable seizures
- Parkinson’s disease
- Brain metastases
- Low and high grade gliomas
- Vestibular schwanomas
- Uveal melanomas
- Neurofibromas
- Meningioma
- Bone metastases

San Diego Radiosurgery
Palomar Medical Center
Specializing in You

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San Diego Radiosurgery
Palomar Medical Center
Specializing in You
Construction Corner

Aerial view of the new Palomar Medical Center West construction site – March 2009.

Construction of the new Palomar Medical Center West in Escondido continues at a rapid pace as workers strive to complete the assembly of the 12,500-ton skeleton that will become the “Hospital of the Future.” The final steel beam of the 11-story structure is scheduled to be set in place in July.

“The steel project has been a massive undertaking that will result in a stronger, safer and more energy efficient building,” says Randy Wilson, Palomar Pomerado Health (PPH) senior construction projects manager.

The next major construction milestones include:

- Deck sleeves and inserts for mechanical, electrical and plumbing supports
- Interior concrete pours on metal decks
- HVAC (heating, ventilating and air conditioning units) and associated duct work
- Utility infrastructure for plumbing, medical gases, electrical conduits, phone and data cable
- Exterior skin of the building (glass cladding) and domestic water and fire loop site improvements

View construction progress online at www.pph.org and click on “The Game Plan.” Palomar Medical Center West is scheduled to open in 2012.

Finding the Right Doctor is Easy at PPH
800.628.2880  |  www.pph.org

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:

- Palomar Medical Group
- El Norte Medical Group
- Escondido Internal Medicine
- Graybill Medical Group, Inc.
- North Country Internists

Valet Service

Palomar Medical Center offers a convenient valet service to all visitors for a $3 flat rate – no validation required. The valet stand is located at the front lobby entrance under the covered drive through, and is available Monday through Friday from 8 a.m. to 4 p.m. based on demand. Wheelchair transportation is also available during valet hours to assist visitors and patients throughout the campus. Simply request a wheelchair with your valet attendant. For more information, call 760.740.6361.

Phillips Lifeline

The Palomar Pomerado Health Philips Lifeline Medical Alert 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.

FREE INSTALLATION: Call now and receive free installation through May 31, 2009. ($75 value)

CPR & First-Aid Classes

Palomar Pomerado Health (PPH) is proud to present a variety of basic and advanced Life Support and HeartSaver First-Aid Courses offered through the PPH/American Heart Association Training Center. For a complete listing of classes, see page 15 of this issue of The BabySource. To register for a class, call 800.628.2880 or visit www.pph.org and click on “Classes and Events.”

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Palomar Medical Center is proud to offer the newest generation da Vinci® S HD Surgical System – a robotic system that works as an extension of the surgeon who uses computer controlled instruments to operate through tiny openings in the body.

**APPLICATIONS**

- **Urology**  
  Prostatectomy and other urologic surgeries

- **Gynecology**  
  Hysterectomy and other gynecologic surgeries

- **General Surgery**  
  Advanced laparoscopic procedures

**ADVANTAGES**

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

“PPH has the most advanced da Vinci Robotic Surgical System available, and it provides the clearest and closest view of the surgical area. It is much more sensitive than traditional laparoscopic surgical equipment, which enhances my ability to actually feel delicate movements such as the placement of sutures.”

Kris Ghosh, M.D.  
Gynecologic Oncologist

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**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. To register, call OASIS at 760.432.0635. New participants start at the beginning of each session.

<table>
<thead>
<tr>
<th>Date</th>
<th>Fee</th>
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<tbody>
<tr>
<td>May 12 – 28</td>
<td>$30 for 6 classes</td>
</tr>
<tr>
<td>June 2 – 30</td>
<td>$45 for 9 classes</td>
</tr>
<tr>
<td>July 2 – 30</td>
<td>$45 for 9 classes</td>
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Please note there will be no Get Fit and Stay Strong classes during August.

**Chair Fitness – NEW TIME!**

**OASIS**

- Mondays and Wednesdays  
  12:30 – 1:30 p.m.

Chair exercises can increase your strength, vitality and balance. They create movement, stretching and help increase heart rate – perfect for the individual who has trouble with balance or standing for long periods of time. Join Certified Exercise Instructor Traci Thys for this new and invigorating class. To register, call OASIS at 760.432.0635.

<table>
<thead>
<tr>
<th>Date</th>
<th>Fee</th>
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<tbody>
<tr>
<td>May 11 – 27</td>
<td>$25 for 5 classes</td>
</tr>
<tr>
<td>June 1 – 29</td>
<td>$45 for 9 classes</td>
</tr>
<tr>
<td>July 1 – 29</td>
<td>$45 for 9 classes</td>
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</tbody>
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Please note there will be no Chair Fitness class on May 25 or during the month of 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  
Grab a friend and take an energizing walk through the mall! This self-guided program is provided in a safe, controlled environment. Record your mileage in the log books available at the concierge desk on the lower level.

**Weight Loss Surgery Seminar**

Pomerado Hospital  
Monthly, 1st Monday and 3rd Wednesday  
6 – 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 FREE general education seminars held at Pomerado Hospital. Registration is required. For more information, or to reserve a space at the next seminar, please call 858.675.0883.
In 1970, Gladys and Bill Young moved to Escondido to fulfill their dream of owning a successful auto dealership. Today, the Young Buick Pontiac Cadillac dealership continues to exceed customer expectations and provide value for automobile purchases and service.

“I feel that Palomar Pomerado Health (PPH) performs the same way by taking excellent care of their patients and providing the different health services needed by our growing community,” Gladys says. “The doctors and nurses at Palomar Medical Center have taken good care of me on several occasions through the years.”

For more than 20 years, she has supported the Palomar Pomerado Health Foundation (PPHF) with annual donations to advance the delivery of health care for Inland North County communities.

When Bill passed away suddenly in 1980, Gladys became more involved in the dealership and in various community organizations. She also raised their three children, Scott (who became General Manager of the dealership in 2003), Bill and Tracy. Today, Gladys enjoys having her adult children and four grandsons nearby.

As cancer survivors, Gladys and her husband of 20 years, Tim Kuhn, both consider Palomar Medical Center to be an essential community resource. Her four grandsons were born at Palomar Medical Center or Pomerado Hospital.

“PPH has been a real part of our lives and I am happy to be able to support the Foundation, knowing that my contributions help assure that necessary health services are available in our community,” she says.

“Even in these difficult times, I believe it’s important to do what you can to support community needs,” Gladys says. “This area is growing and I am glad to see the new Palomar Medical Center taking shape because we need a larger, more modern facility to meet the future needs of our children and grandchildren. That’s why I continue to support the Foundation.”

To learn more about how you can contribute to the Health System of the Future, please contact Palomar Pomerado Health Foundation at 760.739.2787 or visit us online at www.pphfoundation.org.

Join LaDainian and Teraasha Tomlinson for the second annual Night of Nights, an evening in support of Palomar Pomerado Health

6 P.M.
SATURDAY, JUNE 13, 2009
HYATT REGENCY LA JOLLA AT AVENTINE
COCKTAILS • DINNER
DANCING • ENTERTAINMENT
SILENT AND LIVE AUCTIONS

MASTER OF CEREMONIES
DAN FOUTS
NFL HALL OF FAMER AND FORMER SAN DIEGO CHARGER

Proceeds will support building the Health System of the Future.

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